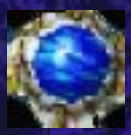
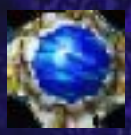
TIME TRAVELERS

EXCERPTS FROM . . .
"A COURSE IN TIME TRAVEL"
(A Handbook for Multidimensional Consciousness)



BEGINNING EXCERPTS
(One through Six)



INTERMEDIATE EXCERPTS
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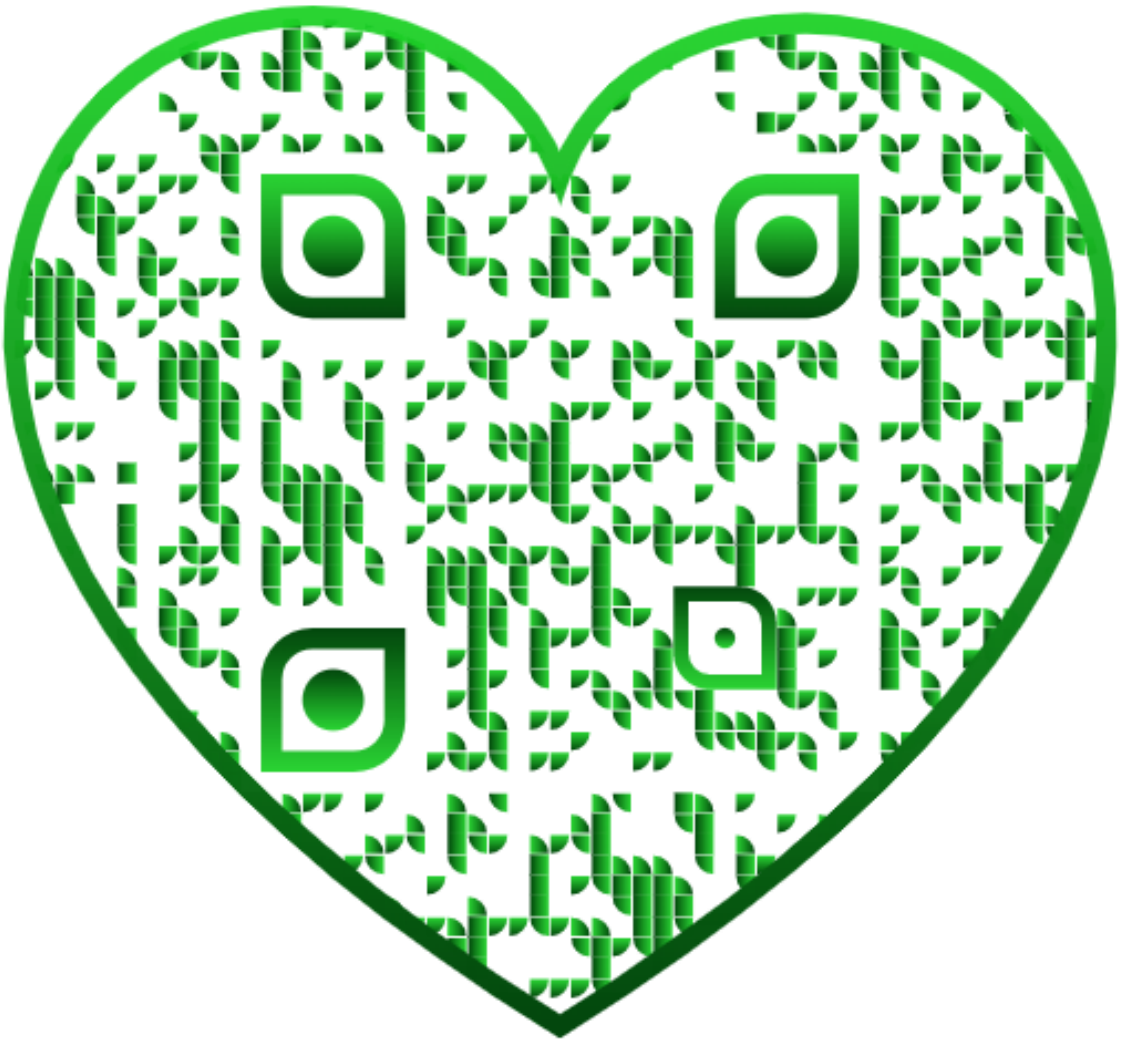
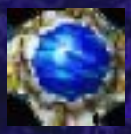
ADVANCED EXCERPTS

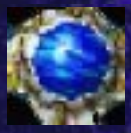


(Thirteen through Twenty-One)



MEDITATION TECHNIQUES

(Twenty-Two through Thirty-Three)



EXPANDED DIMENSIONS

(Thirty-Four through Fifty-Two)

***Note** **It is recommended not to study this section before finishing the previous sections**

DISCLAIMER

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Beginning Excerpts

MEDITATION
Beginning meditation

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Time Travel

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A COURSE IN TIME TRAVEL

OPEN EYE MEDITATION

"A Course in Time Travel" is designed to help people discover and bring into being innate but hidden potential that was not normally available in this time period.

The techniques and information found here are imported from the remote future by a group of Time Travelers called the "Collective". Each of us has a time traveler from the future, called a "TTO", (Time Traveling Oversoul), that is part of this group. What this means for you is an unprecedented opportunity to increase your power and level of consciousness to any degree you desire.

There are two major approaches you can use to reach this objective. The first approach is through a very special series of techniques, which are related to meditations, but much more powerful and advanced. Most meditations taught today take you to specific areas within your consciousness to experience various vibrations and lessons. The techniques included in this course allow an incomprehensibly advanced and wonderful

part of you to become available to you as part of your natural evolutionary progression.

THE MANIFESTATION TAKES PLACE IN STAGES:

FIRST: The introductory period that can last many life times. During this period, mutual trust builds between you and your TT. Although you may not be fully aware of this on a conscious level, there is an exertion of irresistible influence upon you and your decisions.

SECOND: A period of conscious awareness and communication with this part of you. During this period the Student actively strives to cause progressive levels of Cosmic Consciousness through intense study, meditation and group consciousness.

THIRD: This period is the gradual metamorphic transition from Three-Dimensional Human Consciousness to Multi-Dimensional Consciousness.

The Second approach provides you with an understanding of the nature of your Consciousness that was not available in this time period. The information comes from many thousands of years in the future. Detailed and easy to understand packets of information called "Excerpts" provide you with the most advanced knowledge and techniques available on the planet today.

OPEN EYE MEDITATION

(beginning level)

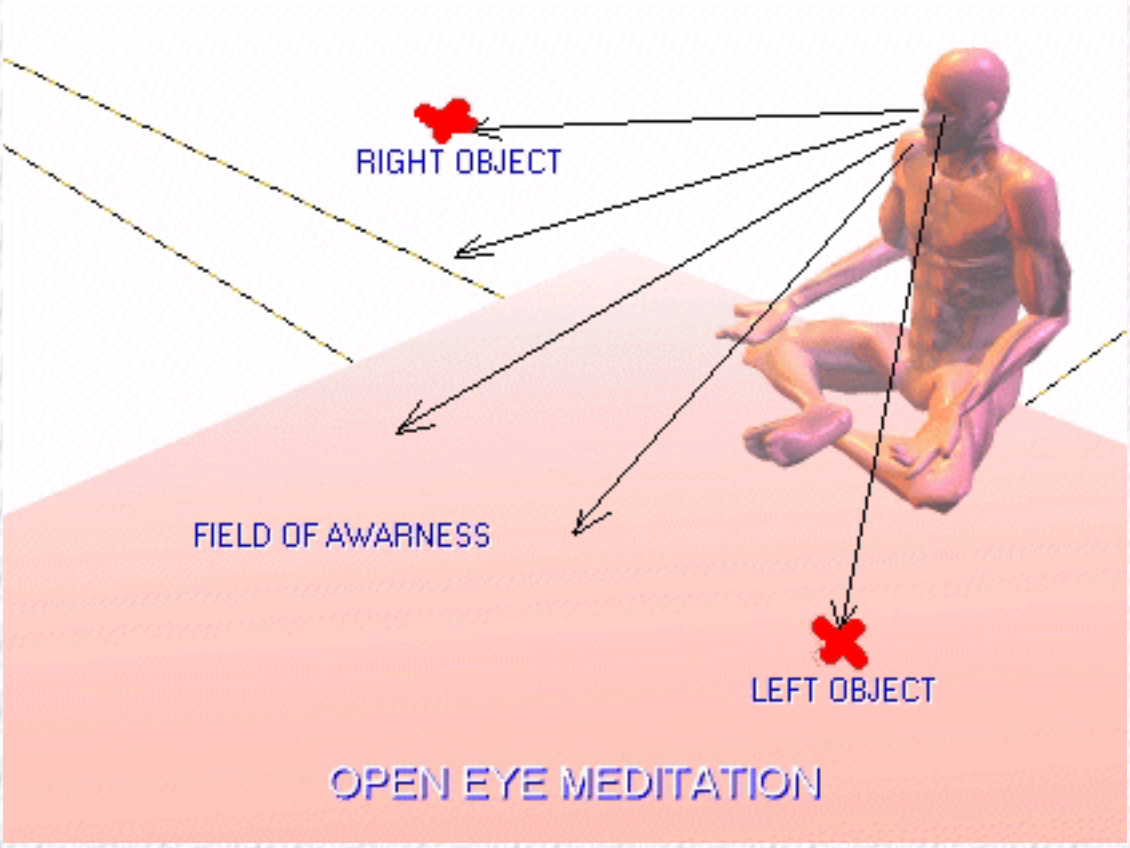
Open Eye Meditation is easy to learn, and by far, the most powerful mediation of its kind. Below is a simple diagram showing the physical

points to concentrate on. The beauty of this meditation is that it occupies the mind by requiring it to concentrate upon two things at the same time. This allows the "Future You" or OverSoul to begin to manifest within your field of consciousness. Usually, very powerful impressions are immediately experienced.

Select a quiet, comfortable place to sit down where you will not be disturbed. Sit in a comfortable position and pick two objects to concentrate upon. Pick an object to the left of you to look at with your left eye. Pick another object to the right of you to look at with your right eye. (See diagram) It is important to stay aware of both objects and keep them in your peripheral vision. Concentrate upon the equal and continuing awareness of them. To do otherwise is to drop out of mediation! Once these are fixed, you can begin to be aware of the field of view in front of you, but not at the expense of losing focus on either object.

This is a progressive mediation which means that you will experience more, the more you do it. (Some of our Members have begun using OEM in Europe at Rage dances to enhance their consciousness, in stead of drugs.)

See Diagram Below



Note:Please BLINK your eyes normally during Meditation.

It is helpful to cultivate an attitude of quiet expectation. Be aware of a heightening of senses. Quiet any fears that might arise.....nothing can hurt you. Be prepared for feelings of overwhelming happiness, but be patient if it does not come right away. You may become aware of sights and sounds that you have never experienced before. Relax and enjoy them. They were there before you became aware of them and they can not hurt you. In the beginning only meditate between five minutes minimum and twenty minutes maximum.

While you are meditating, it is important to stay in the meditative state. If your focus strays from the fundamentals (see Diagram above) you will not be in "Open Eye Meditation". If we try too hard or are too serious this can be detrimental to experiencing the kinds of joy and Cosmic understanding that is available. If we are afraid or holding on too tight we will experience very little until we let go. Letting go and accepting is a forever process. The faster we do it the more fantastic it becomes.

If we desire change then we must be willing to allow change. It is helpful to remember that we are trading in the old self that is a faded remnant trapped thousands of years ago in the past, by merging with a new self that is more wonderful than we could ever have dreamed for.

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Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt One

INTRODUCTION TO TIME TRAVEL

What if Time Travel is a Universal process of unfoldment that is taking place even now, all around us, without our knowledge? Wouldn't its presence be easily recognized by the necessarily profound metamorphic resultant changes in our neighbors? Or are we blind to these super-human visitors due to (protective?) limitations in our three-dimensional awareness? Are there human beings in our midst as advanced to us as we are to the ape?

If this is indeed true, (and I am stating from first hand knowledge, and many years as a time traveler, that it is), what can you do to be a part of this amazing phenomenon? What follows is not for the faint hearted, and cannot be mastered in a few minutes. It is a gradual and continuous balanced expansion of consciousness and understanding that guides you, step by step, from your very safe, (very busy?), everyday existence and transforms you into a "super" version of yourself. A state of being that has just been waiting, lifetime after lifetime, for you to realize and acquire. A state of being that is most likely far beyond your wildest dreams.

It has long been held that just outside of our scope of understanding, we are “all knowing.” If this is true, wouldn't it behoove us to seek knowledge and help from this “omniscient” part of ourselves in order to facilitate our efforts to "Time Travel"? Better yet, wouldn’t it be amazing if this part of us that knows how to time travel could be here with us all of the time so we could learn this and other wonderful things from it? To this end, the material provided for you on this web site has given you a proven step by step procedure on how to open a “time portal” from within your own consciousness. This precious information has been painstakingly imported from the far future, and is not currently available anywhere else on the planet.

The many years (and countless lifetimes) of 3d existence, so heavily ingrained in all of us, that normally prevent us from exposure to our inherent multi-dimensional reality, needs somehow to be left behind as new understanding takes its place. Rather than wallowing in the “old” ways and “old” problems, with antiquated solutions that rarely worked, we at Time Travelers stress merely leaving the old behind and incorporating the “new”, like shedding an old skin. This means rather than trying to accomplish something, we simply accept that it is already done. I know this sounds overly simplistic and easy, but once you have had success in doing it this way, it will seem miraculous. You will wonder why you have been working so hard spiritually NOT to achieve success, when success was already yours? It always was.

Let me hasten to add that persistent work in the form of study and practice of the techniques taught in "A Course in Time Travel" is vitally important and necessary if you are to succeed. "Gods works without effort is dead."

In our "course" we have included all of the necessary exercises, that have worked for us and are working for many people from all over the world. These exercises are designed to help reeducate the stubborn 3d mind and help pry lose its frantic grasp of prevailing earth bound concepts. If you

do these exercises on a daily basis for a few minutes a day, your results can be phenomenal. We suggest making a set time each day for your studies and exercises. It is better to be consistent and to digest the material slowly, settling in for the long haul and your rewards will be spectacular.

When we normally speak of the Third Dimension we are talking about a collection of the First, Second and Third Dimensions. Each of these places is a composite part of what we consider our three-dimensional Universe. Each separate dimension has its own special set of rules and kind of time. Each has its counter part (polar opposite) in the fourth dimension. We need to learn a little about these component dimensions, so we can fully appreciate the Third and Fourth Dimensions as a single functioning dimension called the “Fifth Dimension”.

"A Course in Time Travel" is laid out in two major sections. The first section consists of greatly enhanced knowledge imported from the future. This knowledge explains, in easy to learn steps, the secrets of time travel and multi-dimensional consciousness. Discussed in detail are subjects such as the "Twelve chakra system", and the "Twelve bodies" that comprise your inner being". (Neither of these amazing revelations were previously known or taught in this time period.)

The second section consists of all the "techniques" needed to access multi-dimensional consciousness and the ability to time travel. This is the "how to" section. These techniques are thoughtfully laid out and explained in easy to understand layman terms.

BELOW IS A PARTIAL LIST OF SUBJECTS COVERED:

1. The “Illusion” of time.
2. Automatic self maintenance of the past. How “illusion of time” is created by the Soul.
3. What are some of the problems for the Oversoul trying to communicate with the residual consciousness residing in the remote past.

4. “Time loop” a trap from which there is no natural escape.
5. What we can do to break free from the illusion of time.
6. The Souls revelation in the remote future concerning “time” and its “remanifestation” into the past.
7. Why our techniques for manifesting multi-dimensional consciousness here in the third dimension work, and why all other systems contained in this time period do not.
8. Why we could never have found the necessary tools for manifestation in our present time frame without help from our "Future Self".
9. How to avoid all the multi-dimensional traps. (This information alone is worth its weight in gold.)

-- END --

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Two

INTRODUCTION TO TIME TRAVEL
Continued

Be patient while reading through these Excerpts. They are designed to subtly deprogram and enhance your sub-conscious 3D grasp of time/space reality. This process takes place whether your conscious mind understands all that it reads or not. Your subconscious/super conscious mind, which does understand, will be eager to absorb this information.

Although we as Time Travelers usually travel in groups, (as we tend to reincarnate in groups), we belong to no particular race or country. You cannot look at a person who has not yet returned from the future, and tell if they are a potential Traveler (to this time period) or not. There is simply no way of knowing. However, when they do return, they will begin to act differently. Travelers do not always come in at birth. They may "walk in" at any time, during the incarnation.

Travel into the past is absolutely necessary because it leads to certain

essential realizations, that can eventually free one from the limitations of time and space, and facilitate the rediscovery of unimaginably wonderful states of being. This is a natural part of the phenomenon of human metamorphosis.

You are becoming a Time Traveler through the natural progression of your Soul, experiencing a vast array of possible futures, over many life times. At some point, an astounding realization is made by the Soul, that all futures are degenerative. (Usually a point where there are no more viable futures...) That the primary lesson learned by experiencing the future is, that the act of it somehow violates a fundamental law of balance.

Although it was necessary for us to experience the future, to create a structure in time, the act of doing so, has taken us far from our actual natural center in time, and has caused us to experience all manner of unseemly realities. It is at this moment of realization that your Soul gladly lets go of the illusion of future/past, and gravitates automatically, to the future and the past, within a previous incarnation. (It is not hard to see evidence of Time Travelers whose balance points were even earlier in this time period.)

The Soul, by the act of gravitating back in time, knows that it now must exist in its own natural center of time, and begins to achieved a state of spiritual equilibrium within its sentient forms, of neither expectation or dread of the future, (because it has experienced the future) nor by the feelings of remorse or desire for the past. (because it now exists in its past) This point is not selected, but is reached as a natural result of letting go, by the Soul, of the concept of time altogether. (This results in the Soul attempting to remanifest into ALL of its past incarnations.) The reason that "present time", as we know it, may seem so primitive, is because it is.

In our next communication we will begin to tackle the inter dimensional structure. The Fourth Dimension presents a barrier to Time Travel. We can remove that barrier through applied knowledge.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Three

THE THIRD AND FOURTH DIMENSIONS COMPARED

We can assume there is a basic difference between the “Third” and “Fourth” Dimensions, but exactly what are these differences and how do they affect us? One way to look at this question is by thinking of the Fourth Dimension as being equal and opposite to the Third Dimension. A mirror image in the purest sense. Every equal aspect is inside-out, upside-down, and backwards from one another. This line of thinking would place the two dimensions in perfect counter-balance to each other. They would be two opposite halves of one thing, the same place from opposite viewpoints.

We can think of the Third Dimension as outward-facing or six directions of “out”, (up, down, left, right, forwards and backwards). This would mean (from the above definitions) that the Fourth Dimension, being EXACTLY equal and opposite, would have to have six directions of “in”. In the Third Dimension it seems as though we have access to the direction of in, but is this a fact in reality, or is it just an illusion? When examined more

closely, the direction of in is really a direction of through, (as into an apple), which is actually just another direction of “out”.

We have established that our three-dimensional viewpoint is from a single point to all directions of out. To simulate a 4-D viewpoint, we would have to establish a viewpoint coming from everywhere, converging upon a single point. To help you imagine yourself as coming from everywhere in space, look inward towards a single point. As you converge upon this point from all directions, you are moving in a direction of “in”.

INTUITIVE FLASH - As you might imagine, time travel cannot be achieved by intellectual means alone. It has been said, “To understand a thing is not the same as being that thing.” This especially applies here, for there is a fine line between accomplishment on these subtle planes of existence, and simply day dreaming. It is thought that our innermost self, on its own level, processes information in very general terms, or abstractions. This means you need to gather specific and detailed information through your physical mind, in order to process it and formulate new abstract concepts.

Sometimes we have what is called an “intuitive flash”, an instantaneous flood of understanding. It sometimes takes years to fully comprehend the massive amounts of new material that becomes available with even a single intuitive flash. The average person is lucky to have one event like this in an entire lifetime, and when it does occur, it changes that individual's viewpoint dramatically. A high-grade “genius” can learn to force intuitive flash through a process of force-feeding the mind with all aspects of a question until a flash occurs.

Is it possible that a fully functioning “Time Traveler” has learned to receive intuitive flashes directly from the innermost Self as the most efficient form of communication? This would endow the traveler with seemingly astounding powers of perception and an unbelievable amount of quality knowledge. Without preparation, this form of communication might

wreak havoc upon the fragile and unsuspecting personality. With practice, the time might eventually come when the Time Traveler experiences and accepts a state of continuous intuitive flash as a normal state of being.

PERFECTION - It is believed by many that we, as human beings, have within us the guaranteed possibility of existing in a most fantastic way, as compared with what we consider "normal" existence. Wouldn't it follow that this fantastic state might require the accumulation of all possible realities to make up its' composite structure? Perhaps each of these subtly gradient "sub-realities", in which we seem to exist, are merely fragments of a "super-reality" just beyond our realization. If this is true, then remove even a single one of these sub-realities, no matter how insignificant, and the super-reality, by definition, would cease exist. This would certainly justify some of the bizarre circumstances and experiences of life and living, as being necessary sub-components born by each of us as part an immense group karma, spanning countless eons of time.

Here is a simple example is this idea: if we observe a person from the moment of conception until the moment of death, we can see the many changes in reality that had to take place during a lifetime. We can see the whole transformation as a single event, or we can see it happening from second to second, in imperceptibly subtle changes. It would be an impossible task to point out which actual moment within that person's life was the REAL moment. This is because each moment is just as important and real as all other moments to the fabric of time. We cannot exclude even one single moment, because it takes the aggregation of every single moment to make up the complete lifetime.

It could be said that creation happened “instantaneously” in relation to “infinite” time. That instant, compared with infinite time, can be stretched or shrunken to any apparent length depending upon the viewpoint of the observer. In other words, in addition to our normal 3D time, there also exists within us another natural state of being that is outside of time. What we think of as everyday time is relative, while the other kind of time is

universal. This “duality” of time causes a split in our consciousness between the “inner” and “outer” selves. It is upon the universal desire to unite this diametrically opposed consciousness, and the acquisition and application of the knowledge to do so, that we will focus our attention.

BASIC DYNAMICS OF TIME - To understand the dynamics of time, we need to have, at least, a minimal understanding of the multidimensional universe in which we live. We, as human beings, are currently concerned with at least five separate dimensions. We may think that we are not aware of some of them, but we work within them all of the time (or within reflections of them). We are most aware of the Third Dimension because it is our physical universe we see all around us. This makes us three-dimensional beings. However, we are aware of the Fourth Dimension also, because we reflect it through our emotions. We experience a reflection of the Fifth Dimension with the “thinking” part of our minds.

Each dimension has its own kind of time. We are most familiar with three-dimensional time because we conduct our affairs by it. We are aware of the "Now", the "Future" and the "Past". "Present time reality", as a continuous Now, constantly disengages from what was the present. What was our present becomes the past while our subjective consciousness continues moving into the future, constantly assuming a new position in the present. This is three-dimensional time. Notice that it only goes in the direction of the future, but is always the Now. In three-dimensional time we have no means of reclaiming the past, nor do we ever actually experience the future. Time for us is always the Present, in forward motion.

Earth Cycles have been going on since the beginning of our Solar System. Ever since we first stood erect and looked with beatific wonder at the sun, the moon and the stars, we have desired to master our environment. With a more complete knowledge (that is now available) of our metaphysical environment, we can begin to reshape our destiny, first from within us as a changing belief system, and secondly, externally in our environment as we begin to master time.

We no longer need to be human flotsam drifting in benign ignorance upon the river of life and death. We, as potential time travelers, are in the process of discovering our immortality. We are on our way out of the stagnancy and on to dry land where fresh water and ideas abound.

This all may seem rather complex and in violation of the letting-go principle of realizing what already is. . . but there comes a time when an exertion of will is necessary to bring about any kind of three-dimensional change. This is simply the nature of the 3D. We have not reached the point that we can just daydream reality into being, ("God's works without action is dead.") We need to do the footwork as well, whether it be pen to paper or shovel to earth.

Although the future already exists for us, the inertia of the past has to be overcome. This entails the exertion of the Collective Will. Because you are part of this will, the Collective effort becomes part of what is called "Soul intent", or "Creative intent". In other words, a part of you must take creative action at a given time to bring about the necessary change.

Using the caterpillar-to-butterfly example, even though the caterpillar is already the butterfly in the purest sense, there comes a time of intense effort to bring about the change as the butterfly painfully emerges from its cocoon. Or, although within the seed there is the fruit bearing plant, there is a need for it to be planted and nurtured, whether it be by nature or man . . . .

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Next Excerpt

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Four

PARADOX

You are entering into what is called "in process". This means you will change a little everyday for the better. The changes are almost imperceptible at first, but become more noticeable as you progress. This is the beginning of what you have hoped and waited for on some level of your being, since the beginning of your sojourn into physical manifestation. It is a spectacular event, probably far beyond your present comprehension, but it needs time to mature.

When you first created your "present time" on this time track you were unable to study the material on this website because it did not exist then. The material contained here was written by You, for you, from outside of time as you presently understand it. What is happening to you is utterly different than what happened to you originally. You have already begun to change the past. It is by no means easy. You will need all of the help and encouragement you can get. This is the beginning for us. We are the pioneers that people a thousand years from now will be grateful to for

having paved the way.

Tremendous Karma in the form of magnetic force will try to pry you away from these studies in order to bring you back into the original time loop. These forces are neither good or evil. They are simply a built in maintenance system that mindlessly repairs and keeps your illusions in tact. We are in a Cosmic play pen spiraling around and around in the illusion of time. We have been doing this for a very long time, and without intervention, we will probably continue to do it for a very long time, possibly FOREVER. What we, as Time Travelers, are doing has nothing to do with what was happening in this present time frame. As you begin to look at this time from ??? years or eons in the future, you will understand its quaintness.

Lets continue our investigation of the Third Dimension. We need to delve into our 3d world a little more deeply so we can compare it with the Fourth Dimension.

In review, we established that the Third Dimension is outward facing or six directions of out from a common center. (Six directions of out are actually four directions of side to side, with the additional dimension of time as forward motion, which brings into being the concept of future/past, or breadth)

Contrary to beliefs held in this time period, going in the direction of higher vibrations still belong to the realm of the Third Dimension and not the Fourth. This is because vibration as motion starts from the void in the First Dimension and accumulatively processes upward in vibration until the sum total of all vibration is accrued.

(For those of you who are students of Astrology, this outward motion was understood by the "Ancients" as the fundamental nature of "Aries", color red, which represents the Third Dimension as forward or outward motion.)

What we now think of as "forward time" is also the property of the

Third Dimension, (contrary to popular scientific opinion) and not to the Fourth Dimension which is backward or inward motion, "backward time".

It is important that we establish the difference between the Third and Fourth Dimensions, because this was a major point of confusion for spiritual students during this time period. We can start by stating that the Fourth Dimension is equal and opposite to the Third Dimension. It is a mirror image in the purest sense. Every equal aspect is inside out, upside down, and backwards from one another. They perfectly counter balance each other. They are the two opposite halves of one thing. They are the same place from opposite view points. A good example of this in our everyday world, is male and female. Another good example of interaction with this principle, in Human Beings, is the right and left lobes of the brain.

A little time spent comparing elements of the Third and Fourth dimensions is in order at this point. These distinctions have to be absolutely CLEAR before we can venture on to the Fifth Dimension.

We have established that the Third Dimension has six directions of out. This would mean that the Fourth Dimension would have to have six directions of IN. If we tunnel into the Earth, that would certainly seem to be going a direction of in, but as soon as we pass the center of the Earth, our direction becomes out once again. The direction of in is really a direction of "through", which is actually another direction of out. Another way of looking art this, using the Earth example, would be to imagine the Earth disappearing while tunneling into it. It then becomes obvious that you were really moving in a forward motion, which is another direction of out. We simply do not have the ability in our Three Dimensional reality, to move in a "true" inward direction.

The Three Dimensional view point is from a single point to all directions of out. In order to simulate a 4-D view point, we would have to establish a view point coming from everywhere, converging upon a single point. To help you do this, imagine yourself as coming from everywhere in

space, looking inward toward a single point of white light at your very center. As you converge in upon this point from all directions, you are moving in a direction of "IN".

This concludes our exercises for now. Next time we will progress a little further in our understanding of the Dimensions.

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Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Five

INTRODUCTION TO
THE DYNAMICS OF TIME

At the very beginning of this creative cycle, at the moment of Creation, all that came into being was created perfectly. Creation has no other choice than to be perfect. The puzzle is created by the pieces, and the pieces are each created by the puzzle. (Perfection is an amazingly dynamic, ever changing state, rather than the static unchanging state of being that is usually ascribed to it.) The problem is, although creation happened instantaneously, there is a relative time factor, inherent within that instant. The instant of time it took for creation to achieve a state of perfection, has become all of time as we normally perceive it. That instant, relative to infinite time, can be virtually any length, depending upon the viewpoint of the observer.

In order to understand the dynamics of time, we need to have, at least, a minimal understanding of the multidimensional universe we live in. We as human beings, are at present, concerned with (at least) five separate dimensions. We may think that we are not aware of some of them, but we

actually work within them all of the time. (or reflections of them) We are most aware of the Third Dimension because it is our physical universe we see all around us. This makes us, basically, three dimensional beings. However, we are aware of the Fourth Dimension also, because it is reflected through our emotions. A reflection of the Fifth Dimension is experienced with our minds.

Each dimension has its own time. We are most familiar with three dimensional time, because we conduct our affairs by it. We are aware of the Now, the Future and the Past. Present time reality, as a continuous Now, constantly disengages from the present, and becomes the past as it moves into the future, and assumes a new position for us, in the present. This is three dimensional time. Notice that it only goes in the direction of the future, but is always the Now. In three dimensional time, we have no means of reclaiming the past, nor do we ever actually experience the future. Time for us, is always the Present, in forward motion.

The Fourth Dimension is an emotional and spiritual labyrinth for us, and is in every way, equal and opposite to the Third Dimension. One of those opposites, is time. Where the Third Dimension moves into the future, the Fourth Dimension retreats into the past.

Contrary to popular millenarianism beliefs, (people who believe in the impending return of Jesus, and a thousand years of enlightenment, known as the "Millennium", or "Golden Age"), the Age we are about to begin, is Avatar-less (Leaderless) in that the return of the Christ is in mass. (And as such, is a lesson that must be learned individually. This is the reason that no man can predict the exact time of His return, because it is different for each individual. And is also the reason so many people believe that they are Jesus.) It is available to everyone who can master the lesson of this Age, which will last two thousand years, at which time the real "Golden Age" will begin, which will last for two thousand years. The Avatar for that Age will be a Christ Conscious being greater in stature than any of the other Ages dealing with appearances of the Christ.

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Excerpt Six

THE PRIMORDIAL DIMENSIONS

Our goal is God consciousness. It is comprised of all other consciousness in perfect balance. But, what does this mean? What exactly is God consciousness?

THE INHERENT QUALITIES OF GOD CONSCIOUSNESS:

- Omniscience - All knowing.
- Omnipresence - Being everywhere all at once.
- Omnipotence - all powerful.

Within God consciousness is something called Christ consciousness. It is the quality of God consciousness as an ever increasing capacity for universal love, which is ecstasy in motion and the interaction between two or more Beings. There exists a law of Order as regards attaining God consciousness. These are listed below.

LAW OF ORDER:

1. The establishment of Cosmic consciousness in the current incarnation.
2. Conscious contact with our Time Traveling "Oversoul" (TTO) from outside of linear 3d time.
3. The birth of Christ consciousness within the safe and protected environment of Cosmic consciousness.
4. And finally, to begin to realize and manifest God consciousness here in the third dimension.

As we progress through these Excerpts we will examine each of the components of God consciousness in the belief that enlightenment through correct knowledge will bring our goal more quickly into being.

In this Excerpt we are going to look much deeper into the three dimensions that comprise the third dimension, but first a little spiritual stretching exercise is in order.

Have you ever wondered about how existence began? If things are in existence, did they come from something? Where did that something come from? We are told that it all sprang into existence from nothingness. What is nothingness, where did it come from, and how did something come from it? We are told that it all came from a pinpoint of super condensed matter in the form of a "big bang". Where did the pin point of super condensed matter come from? We are told that the universe is somewhere between ten and thirty billion years old, less than a microsecond in relation to infinity. Why, in all of infinite time did the universe come into creation now? We are told that Man is not meant to know the answers to these riddles, and therefore cannot fathom the Universe with his limited mind. Where did that limitation in thinking come from? Who are we? What are we?? Where is it all going???

Just a scant three hundred years ago, you might have been branded as

a heretic for just asking such questions, let alone trying to answer them. What is wrong with trying to answer these kinds of questions? Why does it seem ridiculously impossible for us to even try? Is it that our minds are so limited that we cannot try, or is it that our minds are actually unlimited, and that artificial limitations have, somehow, been placed upon them? If artificial limitations have been placed upon our minds, what is the nature of the limitations, and who or what placed them there and how can they be removed or modified? What is our true potential and how can we access it now?

(In the following text, the term Primordial or Primordial Universe, pertains to the earliest part of the cycle within the Creative Field, before the Stellar component of the Universe was formed.)

In our quest for an understanding of the multi-dimensional universe we live in, perhaps a logical place to start would be at the beginning of the current creative cycle. In order to begin to understand the concepts of creation, we need to ask two basic questions. The first question is, "How can something come from nothing?" The second question is "What is nothing?" We can begin to examine the idea of nothing by first defining it. No-thing (nothing) is the absents of some-thing (something). Let us use the void of outer space as an example. We will, for simplicities sake, remove all matter from it, (including molecular, atomic, and subatomic structures) which leaves us with the blackness of "infinite" space. We now have an instance of what could be defined as nothingness.

However, far from being nothing, what we have defined is actually an unmeasurable example of something. To understand what I mean by this, let us redefine nothingness from a little different approach. If we can acknowledge that three-dimensional space is a place with a purpose in which things can (and do) happen, and by that definition, "exists" as part of the universal plan of things, then the void, or empty space, could be considered a thing, rather than nothing or (no-thing). If three-dimensional space is something, then a true void, or actual nothingness, would exclude three- dimensional space, and preclude any kind of manifestation

whatsoever. This means that "space", as we know it, must exist in such a way as to displace or circumvent actual nothingness. In other words, "space" or the infinite "void", is actually a place filled with an invisible something that cannot be measured. Considering that without it, all that we know as our universe could not exist, is testimony enough for its existence, whether we can measure it or not.

The reason for the foregoing, is the reestablishment of a universal medium that is absolutely fundamental to Metaphysics. It has had many names in the past, but for the sake of simplicity, lets call it the "Ether". This is a familiar term that is found in your dictionary. Below is a partial definition out of The American Heritage Electronic Dictionary. "Ether. An all-pervading, infinitely elastic, massless medium formerly postulated as the medium of propagation of electromagnetic waves".

Notice the words, formerly postulated. This means the Scientists of this time period discounted the Ether as being unmeasurable, and therefore nonexistent. (In other words, "if I can't bite it and make it holler, it doesn't exist.")

We exist in what is known as the Third Dimension, but how would our Cosmic Conscious Being view this? We know that the third dimension has height, breadth and width. This means we have access to, up and down, (height) forwards and backwards, (breadth) and side to side. (width) It is the combination of the 1st, 2nd and 3rd dimensions, that make up the Third Dimension. By the same token, we can assume that the Second Dimension is made up of a combination of the 1st and 2nd dimensions.

Looking through the eyes of a Cosmic conscious Being, what would the universe look like, and how different would it be from the way we perceive it? A Cosmic Conscious Being might view the universe in terms of multiple dimensions, which is utterly different than the way we view it. If this is true, then he would be able to "see" into the various super dimensions and inner space as easily as we see into the 3d. Not only could he "see" the

separate dimensions, but he would be able to experience them as separate independent places as well, in the much same way we experience our three dimensions. Let us travel with him instantaneously in his mind to a time before this creative cycle, to view primordial energy in its most basic form. Remember that he has access to many more dimensions then we do, at least six, and possibly as many as twelve. Let us travel with our hypothetical Cosmic conscious time traveler as he travels back billions of years into the past, and watch through his eyes, and understand through his mind, as he examines the primordial universe in its earliest moments in this creative cycle. He would see the "First dimension", as the birth place of all other dimensions. He would know that here, energy "exists" as an infinite, or immeasurable point of nothingness. He would also know that there is another place called the "Second dimension" that is a universe of white light. Here we see an infinite or immeasurable point of white light. He knows that the positive and negative poles exist in the same one dimensional space, but at alternating times. By our standards, this would be equivalent to something coming from nothing, but from the view point of a Cosmic Conscious Being, nothingness would simply appear as pure energy stored in the First dimension, from which all that we know and experience in our 3d universe, periodically springs. To him, the First dimension has always existed in a state of perpetual present timeless-ness. (Whether or not the First dimension was "created by "something else" is beyond the scope of the present text.)

A simpler way of stating this is, there exists polarized energy that alternates between the positive and negative poles of existence. When it is realized as the positive pole, it is in a state of maximum excitation. When it is realized as the negative pole, it is in a vibration-less state. Technically each of these states individually are one dimensional. It is only when we expand our view point to include both polar opposites at the same time, do we perceive the Second Dimension.

To visualize something as alien as an infinite point, is most likely very difficult for the average three dimensional mind. So, at this time, it is sufficient to say that it is a point, and that it is infinite. There is nowhere in

the First Dimension that it is not, and yet, it has no three-dimensional or measurable space to it. It is therefore eternal or exists without beginning or end. Although it is a point, it gives the illusion of infinite three dimensional space. The First Dimension "holds" or creates space within actual nothingness that "exists" (does not exist) outside of space. The point of energy and space contained in the negative pole is all of the "energy" and "space" available to us in our universe. (Whether or not this point of energy is merely one of an infinite number of points will be reserved for a later discussion.) This same energy in its excited state, in the positive pole of the Second dimension, is all of the "matter" available to us in our universe. Following the viewpoint of our Cosmic Conscious Being, we next see the creation of the Primordial Third dimension. If we examine the two states of being in the Second dimension, we see, that there is energy, either vibrating at a maximum rate, or not vibrating at all. After all, ***it is the same energy in the same space.*** The mechanics of vibration oscillate back and forth between black and white. It takes time to do this. Although it appears instantaneous in the Second dimension, there is, what an Electronic Engineer might refer to as a propagation delay. In other words, even instantaneous takes time to happen. It is within this instant that the field of creation, comes into being.

The mechanics of the time delay between white and black, when viewed by our Cosmic Conscious guide, show white light disassembling into the components of the spectrum. Each vibrationally separate component can be experienced as a separate two dimensional universe, occupying the same space at separate times. As we have seen, there are three distinct phases concerning the Primordial Universe. The three phases are summed up below:

SUMMARY THE THREE PRIMORDIAL DIMENSIONS

- THE PRIMORDIAL FIRST DIMENSION

The minimum phase is energy at rest. It is the absolute negative pole of existence, and is part of the vibrational sequence, even though it is absent of vibration. It is a place of never ending experienceless-ness. It is a universe of blackness, it is called the Primordial First dimension, and is the birth place of the sun sign SAGITTARIUS. In our three dimensional world, we know it as space. Each dimension has its own kind of time. The Primordial First dimension is the PRIMORDIAL PAST. (Time before time).

- THE PRIMORDIAL SECOND DIMENSION
  The maximum phase, is energy at its maximum state of vibration. It is the sum of all vibratory states. It is a universe of white light. It is, by its self, a one dimensional universe, but, because of its polarization with the negative pole, exists in two dimensional space. This is the Primordial Second dimension, it is the primary universal center and is the birth place of the Sun Sign LEO. (The Primordial Second dimension is the stellar prototype, or Universal Sun.) The Second dimension, in our three dimensional world, represents all that is in existence, that resides within the void. In other words, all created matter in any form, within space. The Primordial Second dimension is the PRIMORDIAL PRESENT. (Time of forever now), in that it can never experience anything other itself, in present time, and it can never cease to exist. Remember this, because it is one of the keys to immortality...

- THE PRIMORDIAL THIRD DIMENSION
  The transitory phase is also the sum of all vibratory states, but divided into separate components. Although the sum of its components is white light, and the absents of its components is blackness, white and black are not available within the transitory phase. The "3rd" dimension, (that is the singular 3rd dimension, as distinguished from the composite Third dimension, which is made up from the 1st, 2nd, and 3rd Dimensions, represents all that moves or has outward motion. It is a universe of rainbows, and is the birth place of the Sun Sign

ARIES. The primordial third dimension, because of its forward motion, is the PRIMORDIAL FUTURE. (Time of cycles).

SIMPLIFICATION

Let us see if we can simplify this a little. When we view our three dimensional universe, we see that the starry world and the planets are suspended in space, and that they have motion. We can say that the space belongs to the 1st dimension. (This includes all space, even the space between the atoms within your body). Next we can say that everything else belongs to the 2nd dimension as centers of matter, and because of the lack of motion, is timeless. And finally, we can say that everything that moves belongs to the 3rd dimension. Because everything that belongs to the 2nd dimension also has the potential of motion, means that the contents of the 2nd and 3rd dimensions are exactly the same, except that the Third dimension places the added dimension of actualized "motion", and the resultant three dimensional "time". This is an important difference between the "Time Travelers" philosophy concerning "time", and current models of the universe where the Fourth dimension provides "time".

This concludes this Excerpt. In the next one we will continue with the exploration of the various "dimensions" and how they relate to consciousness.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Seven

IMMEDIATE AND LONG TERM GOALS

WHAT ARE OUR GOALS?

- SHORT TERM - Our short term goal is to merge our conscious view points from the Third and Fourth dimensions to fully realize the Fifth dimension.

- LONG TERM - Our long term goals are to realize Cosmic consciousness in the Sixth dimension, and to prepare a "time portal" within our consciousness for the arrival of our "TTO" (Time Traveling Oversoul)

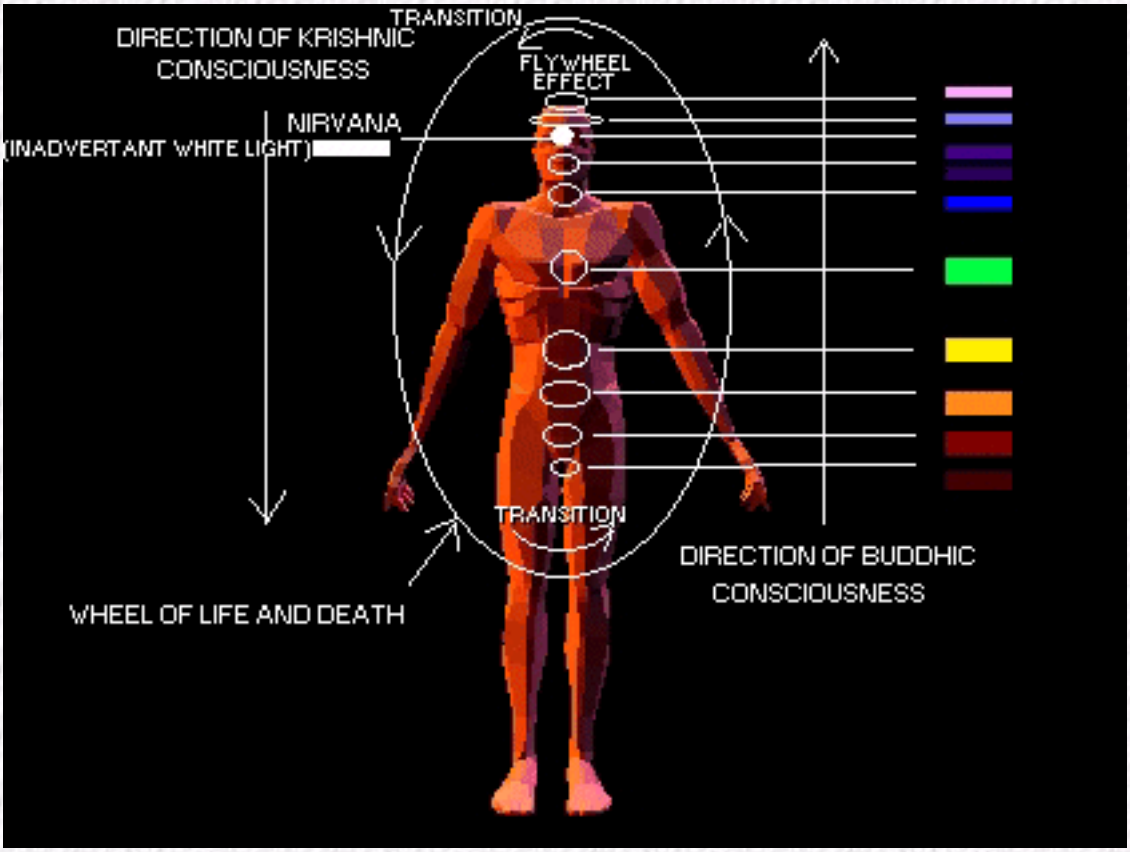
It is my belief, and the crux of "TT" (Time Travelers) philosophy, that the intent and desire of the "Creative Will", is to manifest "God consciousness" here in the Third dimension! From the dimensions outside

of the Third dimension there is a lack of detail, like extreme near sightedness. Abstraction without specifics. The 3d lends the necessary corrective lenses needed to complete our ability to see!

I am convince that the Third dimension is the "Creators" crowning achievement. I have glimpsed it in, what I call, its perfected state, where we are all "One" and yet separate, where we are so filled with loving wonder that it almost hurts, where each moment is delicious beyond comprehension, and yet, so familiar, so expected!

In this next section we will begin to examine the various kinds of consciousness. This is necessary in order to help you begin to understand how you are constructed, in the belief that knowledge is power and the road to enlightenment.

See Diagram



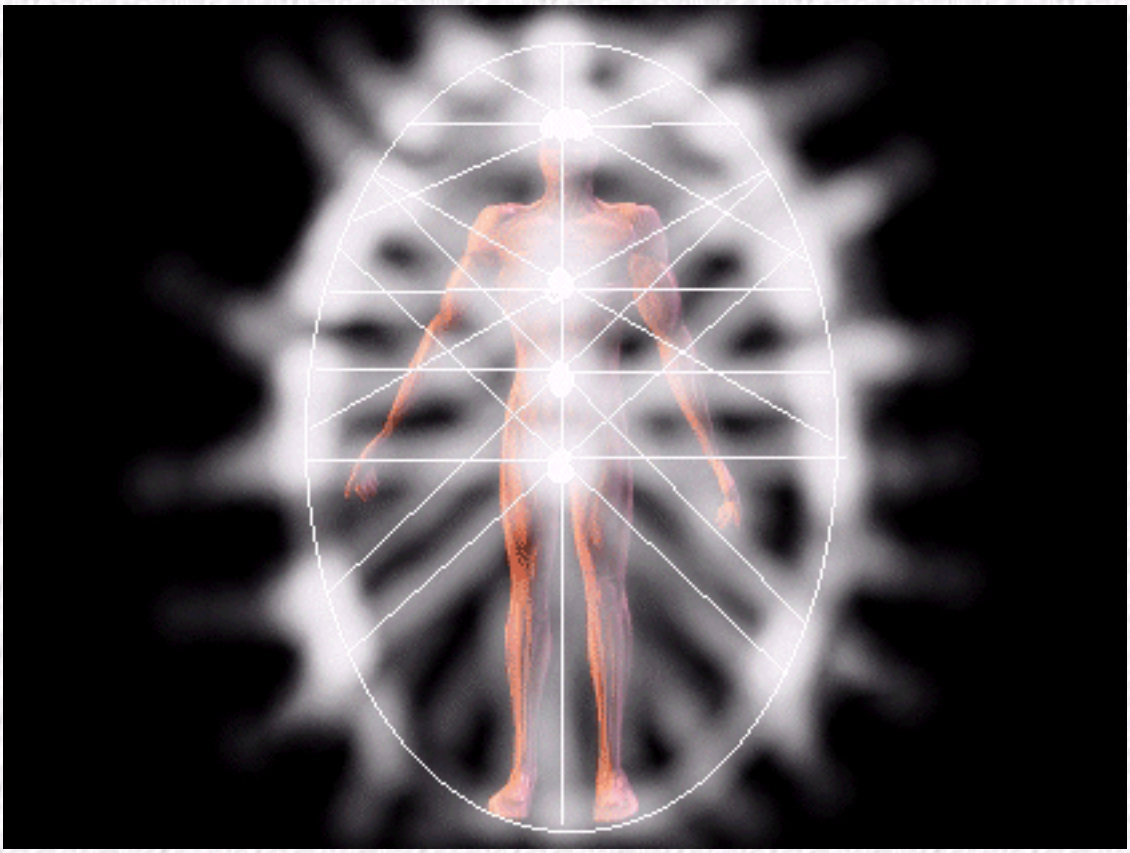
Notice that the flow of experience is locked into a circle or spiral. Ascending vibrational energy (Female) is represented by Buddhic consciousness, while descending vibrational energy (Male) is represented by Krishnic consciousness. The traveling center of consciousness (considered as the "Self" or "Personality") is about the size of a ping-pong ball, and travels with great difficulty through the successive vibrational centers (chakras). (This effort is usually reserved for dedicated monks or "mystics", and is rarely observed in the average person.) There is no real love involved with either Buddhic or Krishnic consciousness, as found in Christ Consciousness, except on a personal possessive level. (It is interesting to note that the word "love" has crept into the language of some western Buddhist's writings.) The key elements are personal power, wisdom, temporary states of bliss, and detached compassion. The misconception is that "Nirvana" (used here to mean existing in a "white-light state of exultation" is reached and maintained by ascending in vibration to the "Third Eye", (a center of consciousness found just above and between the physical eyes). That this much sought after state can be reached and experienced as "white light" is certainly true, and one of the fundamental tenets of "TT" philosophy, but that it can be maintained on a permanent basis in this manner, is absolutely false!

Due to the inevitable "flywheel" effect, this state cannot be maintained and results in a state of consciousness called "Buddhas of compassion", which unbeknown to the student is the beginning of Krishnic consciousness.

Krishnic consciousness is one of giving of ones self absolutely without regard for personal consequences. It almost always results in martyrdom in extreme cases. The student never realizes what is wrong. (God why hast thou forsaken me?) Christ consciousness, on the other hand, is the result of the student realizing that traveling around in circles or spirals will never get anywhere. (This usually takes a considerable number of life-times!) The mergence and transcendence of both Buddhic and Krishnic consciousness results in a centering. A move from the outside of consciousness, to the

internalized being-ness of it. This is the first level of two levels of Christ consciousness.

See Diagram



However, the first level of Christ Consciousness (called the false Christ) presents many dangers including death for the unsuspecting student. This consciousness is associated with unprepared neophytes that rush in where fools fear to tread. Being a pure positive force, it drives the environment negative. This is the path of the Saints most of whom were martyred. Jesus was killed at 33. (The lessons he laid down as a world teacher, made it possible for us to avoid most of the pitfalls of this level)

Many Time Travelers are and will be returning from the future to manifest in previous incarnations. The Time Traveling Oversoul (TTO) actually exists temporarily outside of Three dimensional time in the Fourth dimension. If it approaches a previous incarnation which is not sufficiently

prepared, the approach can drive the incarnation into an out of balance condition called the Messiah complex, whereby the past incarnation believes that he or she is the Christ. This would be wonderful if it were actually true, but unfortunately, this is a manifestation of the "false Christ", which is an extremely out of balance condition in consciousness. This will most likely reach epidemic proportions, without intervention! Avoidance of this undesirable condition can be had if certain steps are taken. (Which are carefully explained in this Course)

Cosmic consciousness is the apex of what could be called the "AntiChrist". It is everything that the Christ is not, and nothing that the Christ is. It is equal and opposite to the Christ in every way. Perfect mirror images. Cosmic consciousness brings with it perfect knowledge of the Universal, where the Christ is perfect knowledge of the perfect self. In Cosmic consciousness the student has overcome all of the Satanic and Demonic forces that compose this consciousness. Although temporary states of ecstasy and personal power are part of the natural emotional/spiritual makeup of Cosmic consciousness, they are usually avoided, as it can become an unnecessary distraction. The major role for Cosmic consciousness, once it is attained, is providing a safe and balanced place for the newly forming Christ consciousness. There are many continuous progressive levels of inward expansion (or relaxation) of Cosmic consciousness, whereas Christ consciousness is a continuous outward expansion. Their homogenized and balanced mergence is the beginning of God consciousness.

DANGERS RELATED TO MANIFESTING THE FIRST LEVEL OF CHRIST CONSCIOUSNESS

As was stated above, manifesting Christ Consciousness is a two part process. The problem with manifesting Christ Consciousness is that it is extremely dangerous! Not only from a physical aspect, (Jesus only lasted

three years!), but can be disastrous on the spiritual level as well. This is not for babies to play around with. We are unleashing the unlimited side of our nature, and without safeguards there can be problems.

It takes a perfectly balanced combination of Cosmic consciousness and Christ consciousness (first level) to realize TRUE Christ Consciousness, which is an interim step, (chrysalis), to God Consciousness. To simply manifest Christ Consciousness without the protection and balance of Cosmic Consciousness is far too dangerous for us to consider. The Souls that are foolish enough to attempt it are immediately caught up in a kind of divine paranoia that is very hard to break out of. (i.e., the many Messiahs that are beginning to show up)

--END--

Next Excerpt

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TIME TRAVELERS

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PREFACE

Have you ever found yourself in a Metaphysical book store feeling disappointed because there was nothing new on the shelves? There is an overwhelming feeling in many people today that with the advent of the New Age there should be NEW material and instructions on how to accomplish the tasks and lessons set forth by it. Instead, what they find is OLD Age material that has been dusted off and renamed and presented as New Age.

This Course, "A Course in Time Travel", seeks to fulfill some of these expectations. For example, one of our techniques will enable you to expand your center of consciousness which is now about the size of a ping pong ball in the average person, to a permanently expanded size that is many times larger. The increase in power and depth of feelings of this one technique alone is worth any amount of effort, and we have many techniques all leading to the maximization of your consciousness in the minimum amount of time. We have been afforded an opportunity so unique and rare that it dwarfs all previous efforts of consciousness within recorded history and in fact within our entire time line.

You may be unprepared or even shocked by some of the differences between what you have been studying (or teaching), and what is contained

here. We cannot have it both ways. We cannot expect and demand change, only to be upset because the material is different from what we have spent our lives studying. Having said that, I welcome you to the New Age.

The information on this website is separated into sections called Excerpts. Each Excerpt is a lesson or technique as originally presented on the Time Travelers Web Site. This took place over a three year period, and was written by a "Master Time Traveler" called the "Time Traveling Oversoul", or "TTO", from the remote future, who shared some of Its experience and knowledge with Members, of the "Time Travelers Organization", (and over fifty thousand visitors from all over the world). We are both fortunate and blessed to have It remanifesting in our time period... (Any modifications in the channeled text are for purposes of brevity or clarity.)

The Time Travelers text focuses upon the long sought after manifestation (by us) of multidimensional consciousness here in the Third dimension. This is achieved through a series of specially designed techniques and carefully prepared study that will begin an awakening process deep within you.

Although this is a complex form of Time Travel, it is by far the best form, because it entails connecting with and allowing in parts of ourselves that now exist in the far distant future. This has proven to be a natural process in our spiritual and physical development. It is impossible to stress enough the importance of this opportunity.

The Time Travelers website is designed to help you take advantage of some of the many possibilities that are available to you.

The "TTO" has explained to us that the Soul finally reaches the timelessness of the Fourth dimension sometime in the remote future when it runs out of Three dimensional opportunities to reincarnate. This could be for any number of reasons, from a cataclysmic event that renders the Earth uninhabitable, to the death of the Sun, or perhaps even the collapse of the

Universe itself. Each Soul may find a different reason because the future presents an infinite number of possibilities to it. It is then the Soul discovers an opportunity and a need to re-manifest back into previous incarnations for purposes of natural and continuing spiritual progress (Time Travel).

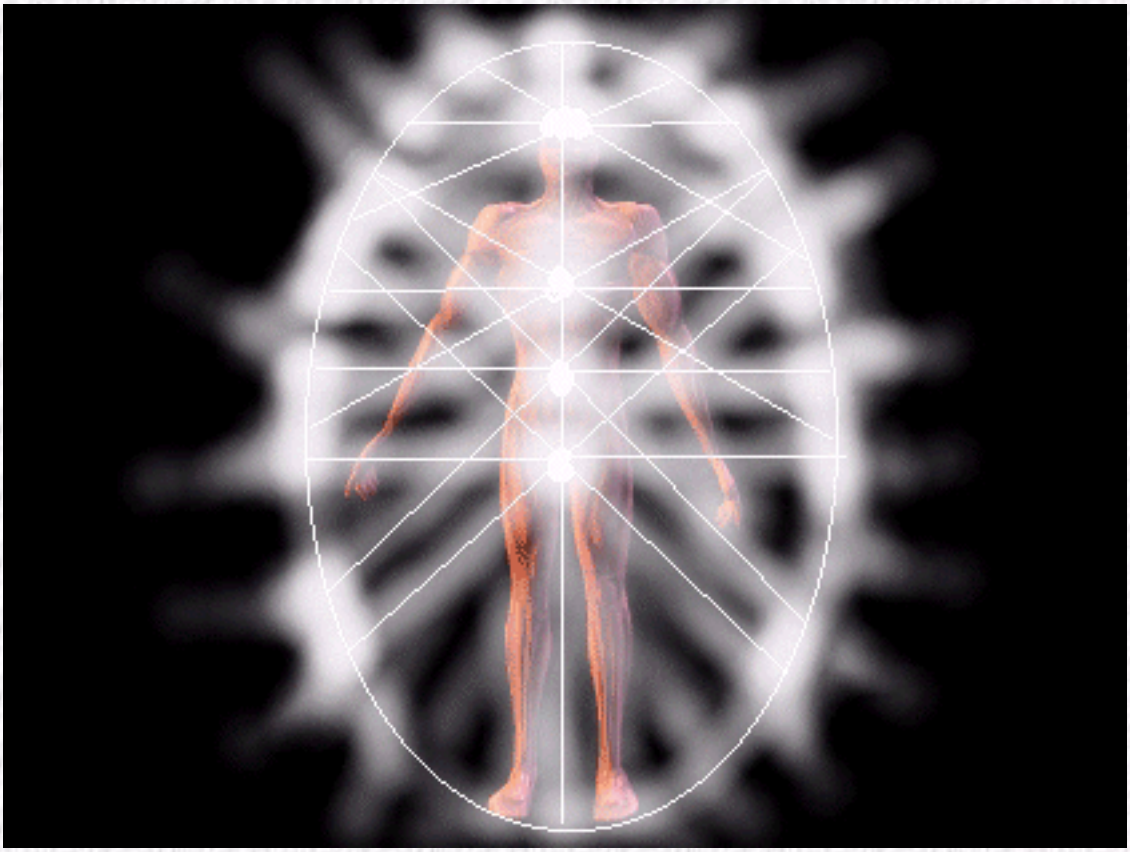
The Soul, by the natural act of incarnation into physical form, creates a living pattern in time and space that continues to resonate in the past. The Laws of Physics do not seem to apply to the past, for there appears to be only minimal losses, if any. This fact is not yet readily available to us in the Third dimension.

As the Soul moves from incarnation to incarnation, it leaves a trail of self-maintaining past events that take on a limited life of their own. The Soul is, through karma, attached to these past experiences by a spiritual signature that belongs to that Soul alone.

The Soul in the far future, when it becomes the TTO, represents a holistic connection with dimensions beyond the Three-dimensional limitations of time and space. When each of our Souls were here initially in Three-dimensional time, on this time track, they were in the process of creating on the "leading edge of time". This caused the creation of brand new time tracks whose futures had not yet been written. Once created, each of these self repairing time tracks can be maintained virtually forever. This is why we cannot tell exactly how long we have been re-experiencing them. We, as residue consciousness have been, (most likely), repeating this time track for countless eons. (déjà vu anyone?)

When the Soul learns that it has outgrown the need to create any more time tracks in the Third dimension, it, in searching for a continuum in order to further express its immortality, eventually understands that it has moved into the "Fourth dimension" as part of a "Collective" called the "Oversoul". It now learns that its next spiritual evolutionary step is to experience what it perceives as the "Fifth dimension", which is a combination of the Third and Fourth dimensions. So technically, our returning Oversouls are re-emerging

with all of Their Three-dimensional time tracks concurrently in the past, in order to realize the completion of Their Fifth dimensional "Chrysalis", within each and every past incarnation. (See drawing below) This signals an eminent chain reaction of rebirths of monumental proportions.



As William Stanley Jevons states in "The Principles of Science": "True science will not deny the existence of things because they cannot be weighed or measured. It will rather lead us to believe that the wonders and subtleties of possible existence surpass all that our mental powers allow us clearly to perceive. We must ignore no existence whatsoever. We may variously interpret or explain its meaning and origin, but, if a phenomenon does exist, it demands some kind of explanation."

As the scientific world begins to explore the occulted side of experience via the "Unified Holographic Paradigm" model, this website is an attempt to concurrently bridge the scientific/metaphysical gulf from the metaphysical side.

No matter where you believe yourself to be in the above, properly

applied, this information on this website can greatly enhance your efforts to achieve your spiritual and physical destiny.

-- END --

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TIME TRAVELERS

Members Bulletin Board

Notice, we have recently switched over from a chat room to a bulletin board.
If you wish to join, (free of charge), please click on button below:

TIME TRAVELERS

Intermediate Meditations

EXCERPT 7
(Intermediate and
Long Term Goals)

EXCERPT 8
(Opening Chakras - Heart,
Throat and Solar Plexus)

EXCERPT 9
(Opening Chakras - Mouth
and Lower Solar Plexus)

EXCERPT 10
(Beginning Time Travel
Techniques)

EXCERPT 11
(Opportunities)

EXCERPT 12
(Interconnectedness and
Next Level of Meditation)

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A COURSE IN TIME TRAVEL

Excerpt Eight

OPENING THE HEART, THROAT AND UPPER SOLAR PLEXUS (CHAKRAS)

This excerpt will be devoted to the beginning level of Meditation techniques. Let is take a break from our studies, and begin learning how to open up various energy centers, (chakras). We will start by concentrating on "opening" and warming up the "Heart center" located in the middle of the chest at the sternum, and not the actual area where the physical heart is located. (Feel for the indentation located between the breasts).
We need to learn and practice these beginning techniques on a daily basis to prepare us for the Fifth Dimensional Meditations later on, which are absolutely necessary to progress in this course. (It shouldn't take more than five minutes a day to soon become proficient).

Our next step after opening the heart center, is exchanging energies between the throat and solar plexus. Attention must be paid to the order in which the steps are taken:

ORDER IN WHICH THE STEPS MUST BE TAKEN:

- FIRST - A centering process has to take place to bring you into the heart center. This can be accomplished through stimulation of the heart center by rubbing it in a circular motion with the finger tips of one of your hands. (I use a counterclockwise motion, but you might find clockwise better for you?) Do this until you can feel some heat begin to generate there. It might also help to visualize a middle,to light green flower that is opening. (With practice it can feel quite warm if not hot! If you do not feel warmth right away, this is OK. It will come with time.)

- SECOND - Place the finger tips of your dominant hand (right hand if you are right handed, and left hand if you are left handed) on top of the upper portion of your solar plexus. (About two inches above the navel) Visualize it relaxing and becoming receptive. Feel it slowly opening like a dark yellow or golden flower if you are a male. If you are female, visualize it as a bright pink flower. (It helps me to make a slow opening motion with my finger tips) When you have done this, go to the next step.

- THIRD - Switch hands so the finger tips of your non-dominant hand are on the upper portion of your solar plexus. This helps to secure the progress made there. With your dominant hand place your finger tips at your throat center, just below the Adam apple, so the fingers are together and pointing towards the throat. Now begin to slowly open your fingers as you visualize your throat chakra begin to open. See this center as a mid range blue flower blooming. As it opens, you may feel a warm rush of energy in the solar plexus. If you do do not, this is OK. It helps if you can generate energy at your finger tips. Do this by visualizing and feeling energy charging up at your finger tips. (For visualization, it looks bluish white.)

--END--

Next Excerpt

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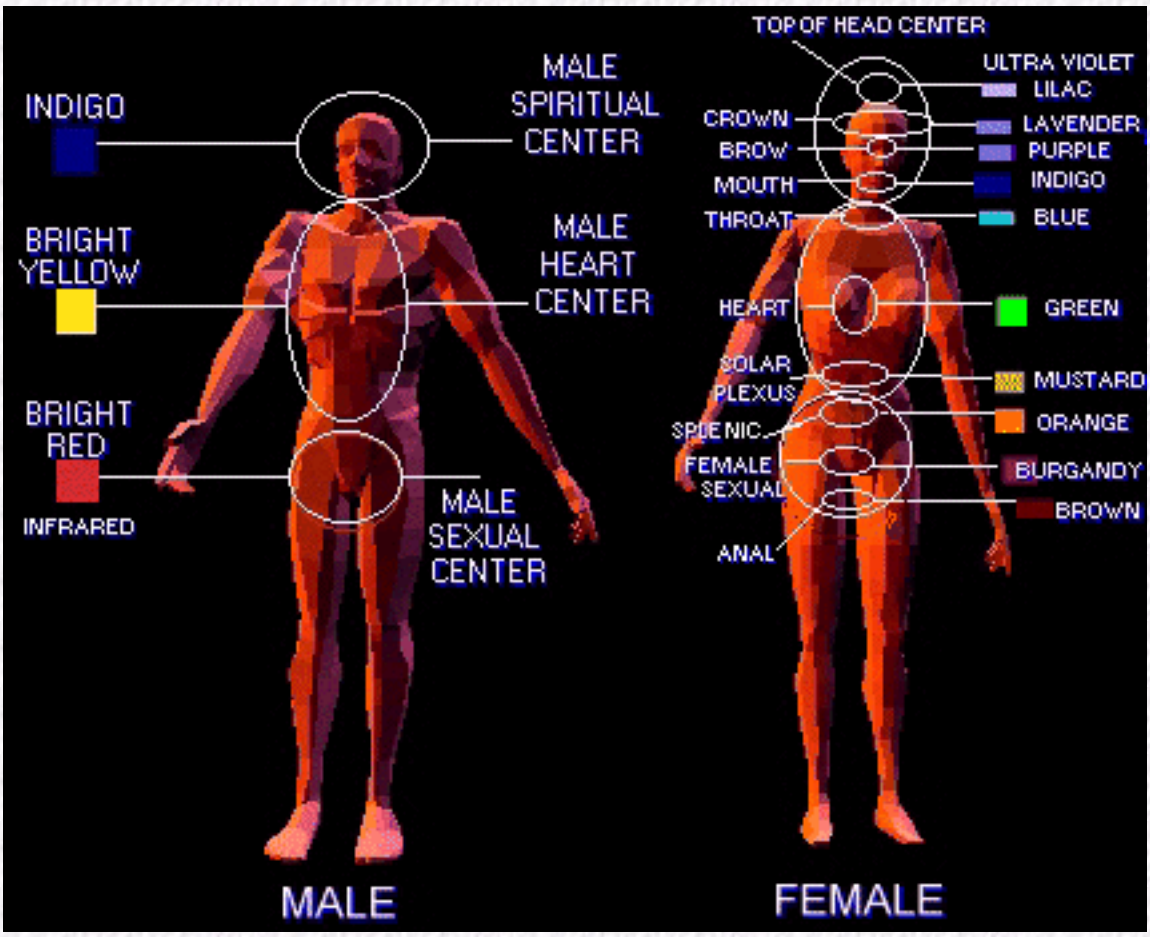
A COURSE IN TIME TRAVEL

Excerpt Nine

OPENING THE MOUTH-CENTER and LOWER SOLAR PLEXUS-CENTER
(CHAKRAS)

In this Excerpt we are going to learn how to open up the next pair of Centers, but first, we are going to look at some charts showing the basic differences between men and women. Although men and women have the same number of chakras located in the same areas of the body, the chart below shows the preferences between male and female. This, in part, explains some of the more obvious differences between us.

I know there is a lot of information contained on this chart, but for now just note the basic differences between a man and woman. Don't worry about learning everything on the chart at this point in your studies. We will get into a detailed study of the various Centers and colors, and what they mean, in a later lesson.



The chart below is a little different representation of the basic differences between a man and a woman This is in the purest most abstract sense, and is not meant as an actual representation of the human aura. Keep in mind that both men and women have the identical number of chakras, but prefer the combinations shown here. (The actual size shape and colors radiating in the human aura depends upon many factors, and may change from moment to moment depending upon the emotional/mental content).

NEXT LEVEL OF MEDITATION

In this meditation technique, we are going to open two more balanced chakras, the Mouth-center (Indigo) and the lower half of the solar plexus (Bright yellow)

OPENING UP THE MOUTH AND LOWER SOLAR PLEXUS:

- FIRST - In each of these exercises try to generate energy at your finger tips. Always begin by warming up the Heart-center. (This can be done by rubbing in a circular motion. Also by picturing a green flower opening up) Next, activate the Throat-center by tapping it and

visualizing it opening up like a blue flower. You can also use the energy of your dominant hand (fingers together pointing in towards the throat) by slowly opening this center with an opening motion of the fingers (fingers together pointing towards the Throat-center, slowly spread the finger tips away from each other in a widening circle) Feel the energy in your finger tips open this center.

- SECOND - Open the "Upper Solar Plexus-center" using the same process (visualize a pink or dark yellow flower, which ever feels best for you) Feel the upper solar plexus as an empty vessel waiting to be filled by the energy from the Throat-center. Both the throat and upper solar plexus may begin to feel warm with varying degrees of elation. If you still feel nothing, don't be discouraged. The exercises will help you whether you feel immediate results or not. This help will come in the form of improved relationships and circumstances in your everyday world.

- THIRD - Use the same process to open the "Mouth-center" (Indigo, a very dark blue purple), and the "Lower Solar Plexus center", (Bright yellow). Tap your lips lightly to wake up this center, then using the opening motion with your finger tips, slowly open your mouth at the same time. Once done, switch hands, and use the opening motion on the lower solar plexus, (located just below the navel). If this center is slow to respond, use the circular rubbing motion outlined for the Heart-center. Feel and visualize this center relaxing and slowly opening. This may cause a feeling of warmth from your throat, extending all the way down to the lower solar plexus.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Ten

BEGINNING TIME TRAVEL TECHNIQUES

Time travel is usually associated with physically traveling into the past or the future, with all of its attendant problems, such as meeting yourself or what would happen to you if you killed your grandfather? However these are the product of three dimensional thinking. Time travel, as I understand it and have experienced it, is possible because of the nature of time and the fact that we are everywhere at the same time. We could say that there is only one universal consciousness manifesting in everyone, and the way we experience time allows us to experience ourselves as separate individuals touching momentarily on the physical level.

The ability to penetrate this illusion allows one to be able to experience time as a single simultaneous event. The consequence of non-linear time enables a person to be able to experience any time frame he chooses, whether past, present or future. It also enables one to experience any person, whether living or dead. To be able to do this kind of time

traveling takes some practice to become confident. It is important to know when you are actually time traveling, and not simply day dreaming. We use our ordinary senses brought together to form a sharp point that is able to pierce the three dimensional protective sheath. A great deal of what is used (after that) is focused visualization, which is in the realm of creative imagination.

If you want to experience being a particular person, you need to focus upon that person until you can see and feel what that person was seeing and feeling. It is helpful to gather as much information about that person as possible. Sometimes while visiting a time or place, you may find yourself experiencing someone you are not familiar with. This person is probably a karmic self of yours. (Even though we are each everyone, there are some incarnations that are more directly and karmically tied to us than others.) I would recommend at first to pick someone famous find out all that you can about the person, and then meditate upon the time and place where you want to have your experience. This is so much more informative than reading a book about the person.

Find a comfortable spot to sit where you won't be disturbed. It is better if you sit rather than lie down because the latter tends to produce sleep and dreams rather than actual time travel. Relax your mind and body as much as is possible without going to sleep. Begin by thinking about the place or person you wish to explore. See and feel yourself traveling easily to that time and place. Visualize the details of what you are seeing. Are there buildings or streets. See if you can read any signs, such as a street sign. Listen for any sounds, such as people talking. What are they saying? Begin to feel yourself there in the place. What form have you taken? Are you in a physical body? Is it male or female? Or are you sort of floating above the scene?

At first it may seem difficult to see anything, but with practice things will begin to easily come into focus. Have fun with it. See if you can find out something that can be verified in present time. The main difference

between time traveling and day dreaming is that a time traveling event has a life of its own. By this I mean that you are more of an observer rather than a creator. In a day dream you can change things around to suit you.

Next time I will take you on a guided tour to a time and place I am familiar with. Be patient, because, like anything in life worth mastering, time travel takes time, discipline and effort.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Eleven

OPPORTUNITIES

Human thought seems to manifest in quantum leaps. A period of time transpires where little or no original thought occurs. Then for no apparent reason tremendous progress in thought begins to happen. It might come from a single individual or a group or groups. It might come through a single source such as music or science or through a broad spectrum of disciplines. Then just as suddenly as it started it stops.

As Time Travelers we are participating in the beginning of one of these quantum leaps. If we can fully grasp the meaning of this surge of understanding we, like surfers on an endless wave, will have the potential of forever being on the leading edge of new thought. This is an amazingly exciting potential, and one I would loath to miss. To be a part of such a golden opportunity, no amount of effort or sacrifice could possibly be considered too much. Opportunities like these are extremely rare and must be seized with both hands when such an occurrence does finally arise.

How many times has opportunity knocked on your door only to find

you unwilling to take advantage of it? A fact that you later regretted? Life has a way of quickly passing. By the time we understand this it is too late. It is a sad fact that the average person in this time period has little chance of awakening. We exist in a catatonic morass of habits and routines. So buried are we in our daily life that we fail to notice that we have fallen sound asleep, nor are we able to notice that our friends and neighbors have fallen asleep as well. There may be moments that we awaken and vow to stay awake, but the next time we notice, it is decades later and much too late to do anything about it.

Unable to any longer amuse ourselves, we need to be constantly entertained lest we go mad from boredom. We exalt those who successfully entertain us, with riches and fame, and punished those who tried but failed.

--END--

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Twelve

INTERCONNECTEDNESS and NEXT LEVEL OF MEDITATION

There is an interconnectedness between the nature of white light, the centers within the human body, the Signs of the zodiac, the order of the Ages, and, in fact, the Solar System itself. Below are some charts I have made which emphasize this interconnectedness.

According to "TT" text, the Dark Ages consist of the three components of Aries (red), which are the three Earth Signs: Taurus, Virgo and Capricorn. These three Signs represent the three physical dimensions composing the Third dimension.

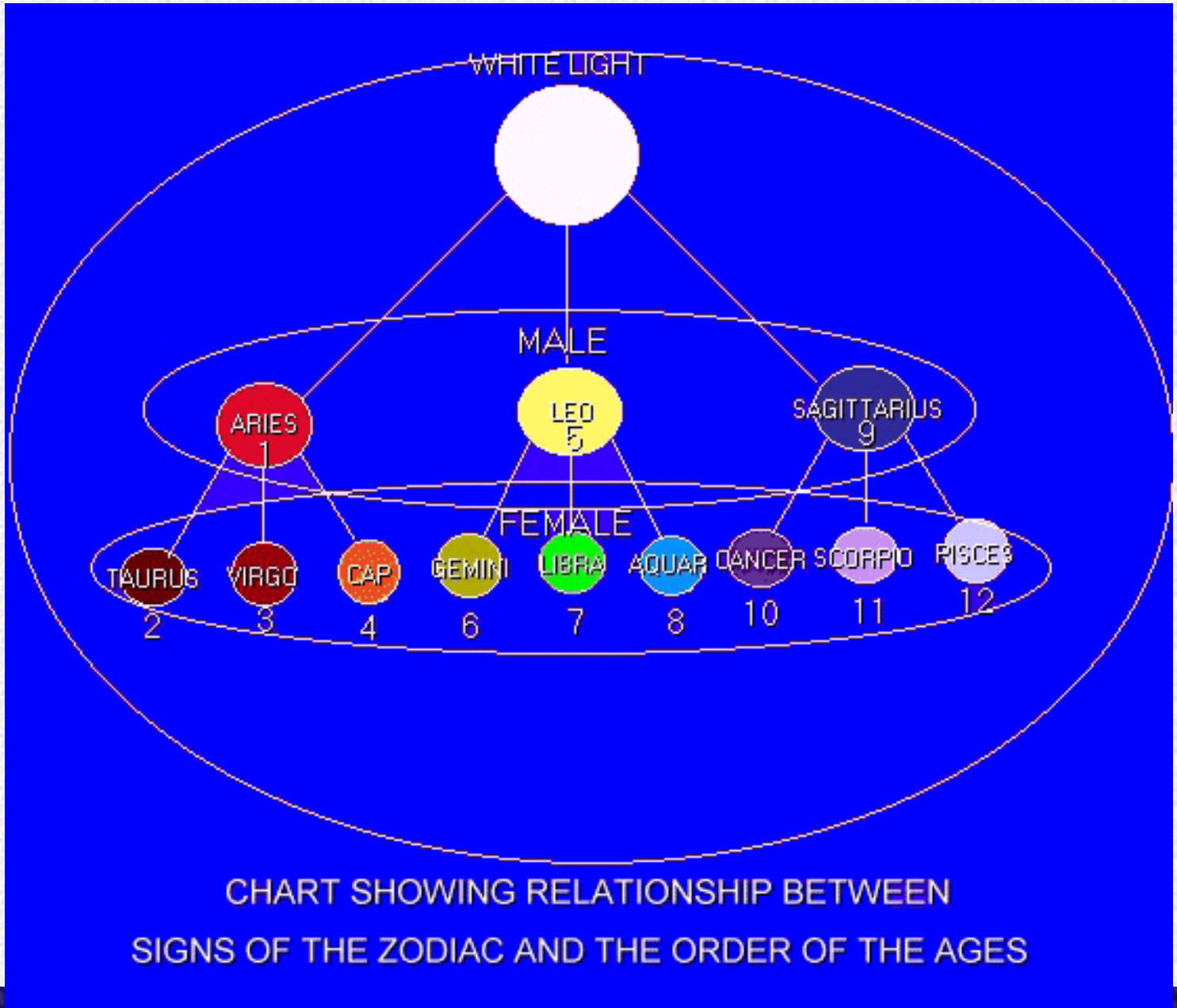
THE THREE COMPONENT SIGNS OF ARIES:

- FIRST - Taurus as the 1st dimension (brown) is associated with our physical meat-body, and with the chakra at the coccyx center.

- SECOND - Virgo as the 2nd dimension (burgundy) is associated with the indwelling consciousness of the physical personality, and the female sexual center.

- THIRD - Capricorn as the 3rd dimension (orange) is the vitality that enables us to have life and motion in the 3rd dimension.

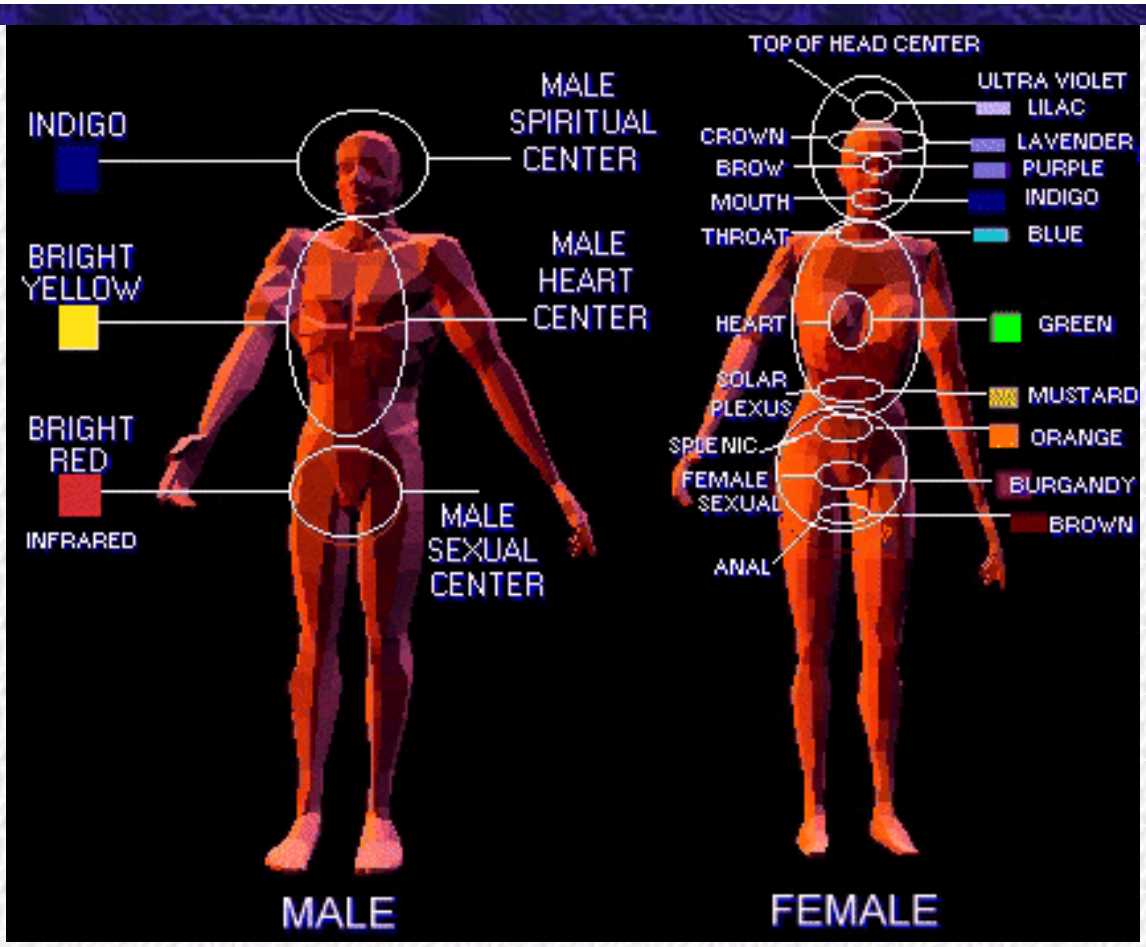
We are at a null point now between Virgo and Capricorn. The higher orange vibrations are already being felt by most sensitive people. It brings with it an overwhelming compulsion to DO.



In the chart above, notice that each of the three "Fire Signs", Aries, Leo and Sagittarius, form a trinity descending from white light. Each of these in turn, are sub-divided into three Signs. Aries, as we discussed above, is divided into the three earth signs, Taurus, Virgo, and Capricorn. These four form the "Physical Ages" know as the "Dark Ages" in which we now find ourselves. Next is Leo, with its three sub-divisions, Gemini, Libra and Aquarius. These four form the "Mental Ages". The last Fire Sign is Sagittarius and its three sub-divisions, Cancer, Scorpio and Pisces, which form the "Spiritual Ages". This is a completely different order than that believed by modern astrologers. I believe this revised order is how the ancient Atlanteans saw it. The current order is a serious mistake made by the Greeks who tried to make the order of the Ages correspond to the same order that works for our Birth Signs. If the order of the Ages I am proposing is correct, and I think you will agree with me the it makes much more sense than the old order, then the "New millennium" we have just entered is the Age of Capricorn, and not the Age of Aquarius. (See Chart below)

CURRENT ORDER	REVISED ORDER
TAURUS	ARIES
ARIES	TAURUS
PISCES	VIRGO ← WE ARE HERE NOW
AQUARIUS	CAPRICORN
CAPRICORN	LEO
SAGITTARIUS	GEMINI
SCORIPO	LIBRA
LIBRA	AQUARIUS
VIRGO	SAGITTARIUS
LEO	CANCER
CANCER	SCORPIO
GEMINI	PISCES

Although men and women have the same number of chakras located in the same areas of the body, the chart below shows the preferences between male and female. This, in part, explains some of the more obvious differences between us.



NEXT LEVEL OF MEDITATION

In this meditation, we are going to open two more balanced chakras, the "BETWEEN THE EYES" chakra, sometimes called the "THIRD EYE", (which is the color purple, and a reflection of the Water-Sign Cancer), and the SPLENIC CENTER, (which is the color of bright orange, and a reflection of the Earth-Sign "Capricorn".)

OPENING UP THE THIRD EYE AND THE SPLENIC CENTERS

- FIRST - Begin by warming up the "Heart" chakra. (This can be done by rubbing in a circular motion. Also by picturing a green flower opening up) Next, activate the "Throat" chakra by tapping it and

visualizing it opening up like a blue flower. You can also use the energy of your dominant hand (fingers together pointing in towards the throat) by slowly opening this center with an opening motion of the fingers (fingers together pointing towards the throat center, slowly spread the finger tips away from each other in a widening circle) Feel the energy in your finger tips open the throat center.

- SECOND - Next, open the "Upper Solar Plexus" using the same process (visualize a pink or dark yellow flower, which ever feels best for you) Feel the upper solar plexus as an empty vessel waiting to be filled by the energy from the "Throat" chakra. Both the throat and upper solar plexus may begin to feel warm with varying degrees of elation.

- THIRD - Next, use the same process to open the "Mouth" chakra, (indigo flower, a very dark bluish purple), and the "Lower Solar Plexus", (bright yellow flower.) This should cause a feeling of warmth from your throat, extending all the way down to the lower solar plexus. (This might extend even further down.)

- FOURTH - Next, use the same process to open the "Third Eye" chakra, (purple flower), and the Splenic chakra, (bright orange flower), located beneath the Lower Solar plexus, but above the Sexual chakra by about an inch or two.

--END--

Next Excerpt

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Thirteen

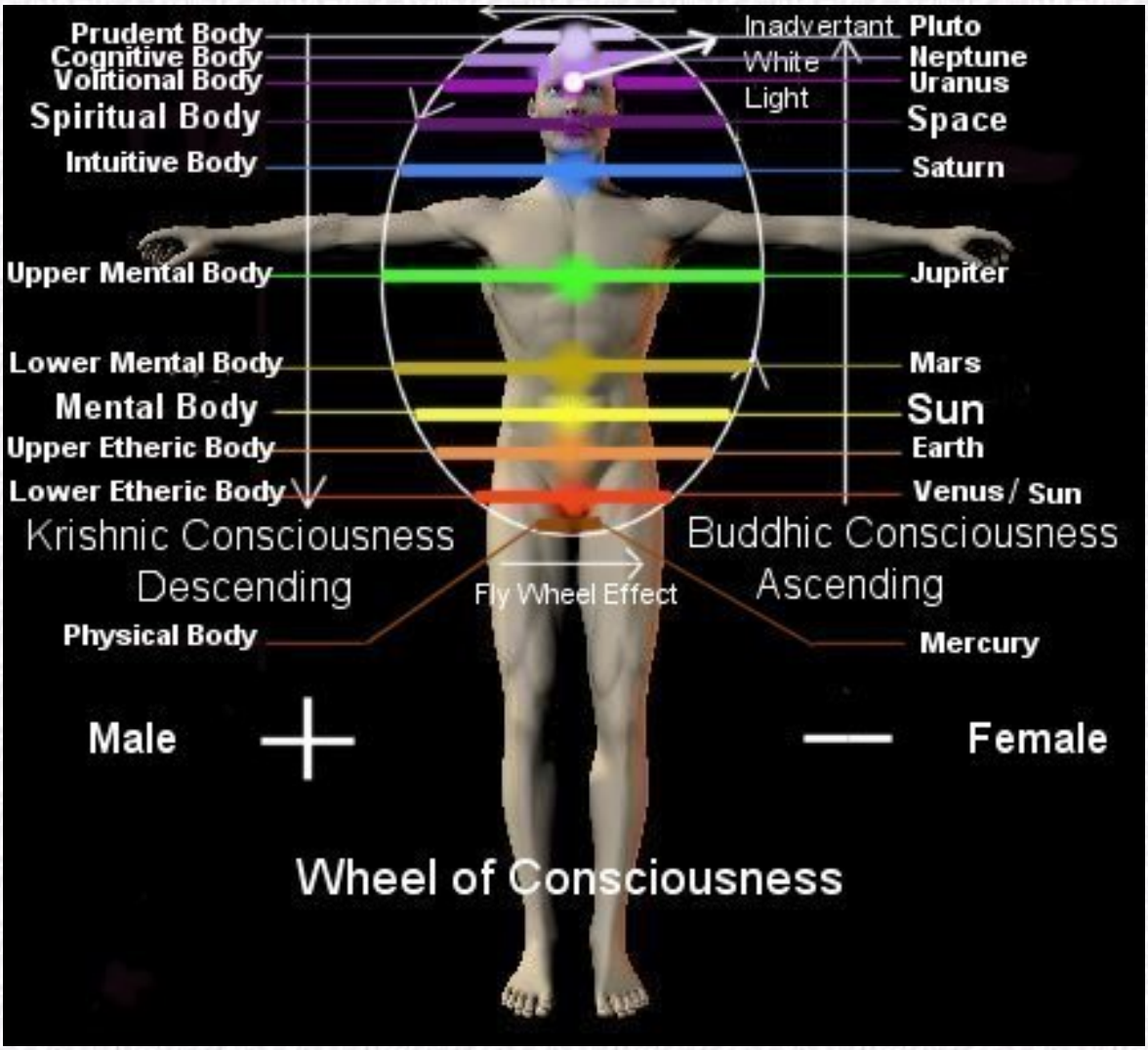
THE TWELVE FACES OF GOD

PHYSICAL BODIES

In addition to helping you come into a measure of Cosmic Consciousness, a thorough study of the individual component bodies that make up the composite human being will greatly increase and promote understanding of how the human complex works, and thus bring the healing arts one step closer to replacing the pharmaceutical gridlock in which medical practice now exists. It is to this end that I share the following observations.

At a certain level of Cosmic Consciousness, the Human body is "seen", as consisting of twelve separate bodies, which work together to form the thirteenth. These bodies are divided into three groups of four. The densest group of four is the Physical group.

Below is a diagram representing the various chakras as found in a man. Note the ascending scale of color going from lower vibratory colors at the lower body, and progressing up to the highest colors at the head. I have included the names of each body as well as its associative planet.

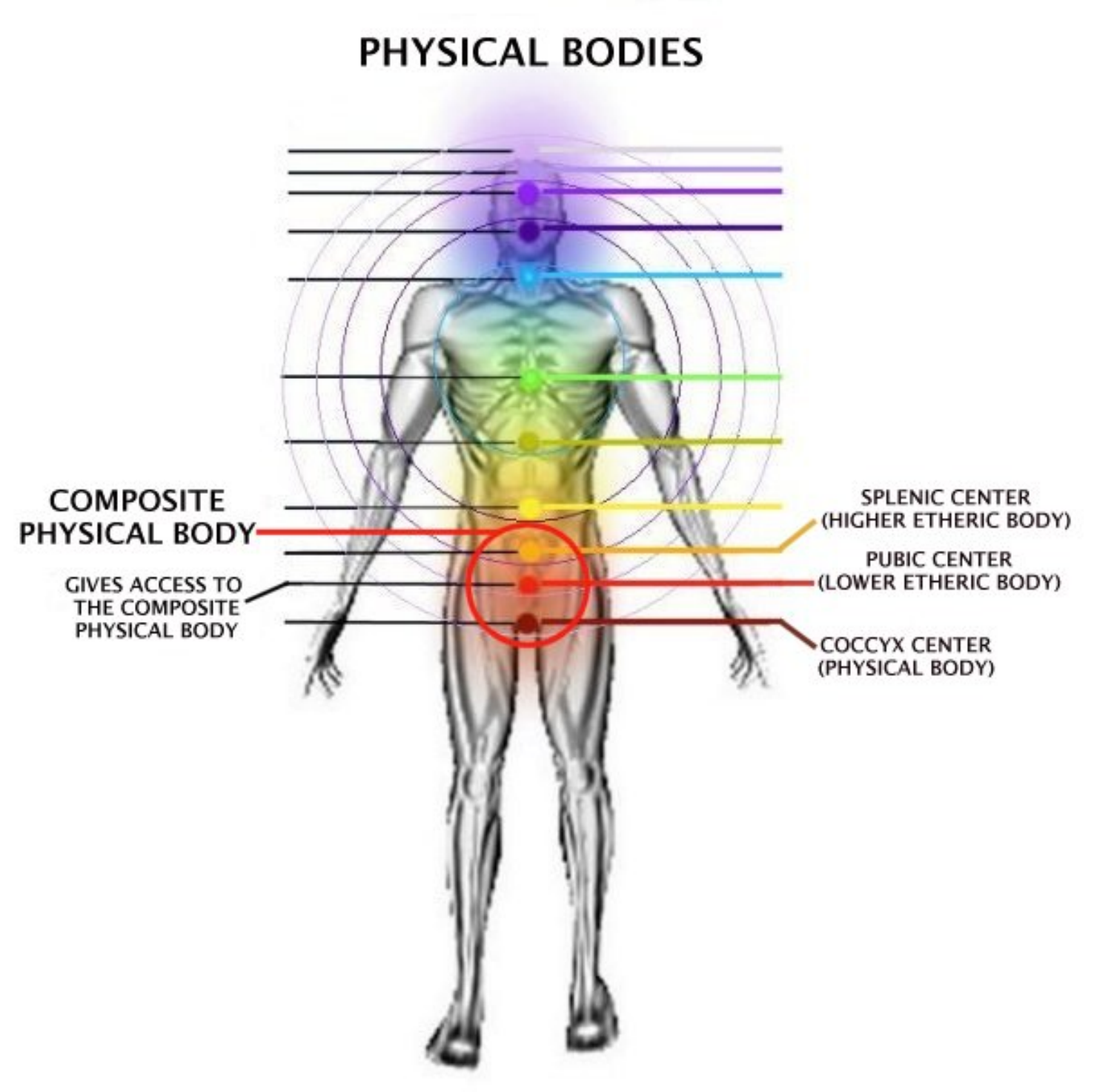


PHYSICAL BODIES

The physical body is composed of three separate bodies, each superimposed and existing within the same relative space, separated only by degrees of vibration. There is, of course, the outer physical shell or "Meat" body, that you are most familiar with. This is your densest body. This "vehicle" interfaces with the Third Dimension, and allows us to move and have experience in the outer world. It is a hard shell that protects us from the outside, and has a relationship to your Soul, the way your car has a relationship with you.

In the diagram below, we see the various Chakras (energy centers that

interface with each corresponding body) involved with each of the physical bodies.


PHYSICAL BODIES
COMPOSITE PHYSICAL BODY
GIVES ACCESS TO THE COMPOSITE PHYSICAL BODY
SPLENIC CENTER (HIGHER ETHERIC BODY)
PUBIC CENTER (LOWER ETHERIC BODY)
COCCYX CENTER (PHYSICAL BODY)

note -in the diagram above, the "Pubic" center, sometimes called the "Sexual" center, is the color "red", denoting a "male". This center in a "female" is the color "burgundy". This is why, interestingly enough, that although called the 12 chakra system, we only count 11 chakras in either a man or a woman.

This body by itself, has no personality or motivation other than to eat and sleep. If you have ever visited a "rest home", you may have seen cases of

extremely elderly people who fit this description. These are cases of the astral bodies dying before the physical body. In some cases, the elderly unwittingly become psychic vampires, sucking the energy from all those around them in order to stay alive. You will know when you have encountered one, because you will feel drained from the experience. When in the presents of this type of being, unless you do not mind giving them some of your energy, you can protect yourself by holding your hands together, and if you are seated, cross your legs and fold your arms. You may find yourself doing this instinctively. If you are feeling generous, hold their hands in yours, or give them a hug.

Existing inside of your densest "Physical Body", there are two more physical bodies. They walk around with you when you walk around. You may think you do not know about them, but you do. The next densest body to your "Physical Body", is your "Sexual" Body. In Germany it is called the "Doppleganger" or Double. Here it is called the "Etheric Double" or the "Lower Etheric Body". It is the vibratory center of the "Physical Body", and it contains your personality, and is primarily concerned with procreation. In sexually active people, this center has a great deal to do with their activities. Singles Bars, or singles chat rooms on the Internet, attract this body. It is usually very interested in the physical attributes of the opposite sex. Hollywood has capitalized on the sexual charisma of great personalities.

As we mature, we become more in tune with our higher vibratory bodies. The hormone levels that control our sexual activity, lessen, and allow us to discover the more discreet portions of our minds and spirit. People who feel they have died sexually, have developed a form of apathy in this body. Also people who have a flat and uninteresting personality, may suffer from an underdeveloped or damaged sexual body.

Next is the last of the three, the "Higher Etheric Body" or "Electrical Body." It processes the life force that enables you to be alive and healthy. It charges up at night when you are asleep, by raising about six inches above your physical body. If you have ever gotten overly tired, and started to doze

off, you might have experienced the unpleasant sensation of suddenly jumping awake, as though there was a loud noise or explosion? This was your Higher Etheric Body prematurely exiting, (to replenish the life force) before you were completely asleep. This startles your denser bodies, (that would normally be asleep) which in turn, causes your Higher Etheric Body to "crash" back into you, jarring you awake. You may have also experienced a state of paralysis, where no matter how hard you tried, you could not move. This also might have been accompanied by the sound of rushing wind. (or in the most severe cases, a series of explosions that might resemble a seizure) This is the beginning of what is called an Etheric Projection. The next time this happens, calm yourself, and let the experience happen.

There are many good books available on this type of phenomenon. It is a good experience to have, in that it very quickly turns skeptics into believers. (If you have never had these experiences, it does not matter, for although very interesting, it is not necessary for your present progress, and in fact, can become an addictive distraction.)

Upon the death of the physical body, what has been referred to as an "Earth bound Soul", is usually just the wanderings of discarded Etheric Bodies, but in many cases, it is an earth bound Soul. As the Soul withdraws from the physical plane, the Lower Etheric, because it is no longer connected to the Higher Etheric, it will usually die within days after the death of the physical body. This is the body that people usually "see", immediately after a loved one dies.

If the Soul is relatively un-evolved, or unusually interested in the sexual activities of others, then its interest through the lower Etheric body can become a problem for it. In this time period this was quite common. It is the combination of the Lower and Higher Etheric bodies that produce what we call Ghosts. (This combination can last for many years, even though it has long been discarded by the Soul).

The health of the Higher Etheric body is extremely important to the

general health and vitality of your entire being. It was mistakenly thought to be the sexual body, in women, by eastern mystics, because when it shut down, it also shut down the sex drive, and when it was activated by a Healer, it occaionally resulted in spontaneous orgasm. It is located between the navel and the sexual center, and is associated with the spleen. It is sometimes called the Splenic Center.

Unfortunately, most women who work in the business place with men, shut this center down. This forms a sort of psychic chastity belt, and can cause premature sexual shutdown, (by promoting less hormonal activity), and general health problems. Indications of this problem, other than the obvious, are the appearance of many vertical lines on the upper lip of females. This body, as with the sexual body, can with safe and simple meditative techniques, and non invasive energy manipulation, be brought back to health.

A REVIEW OF THE MORE IMPORTANT POINTS:

1. The "Physical Body" is made up of three separate bodies.
2. Each body occupies the same physical space, but each vibrates at very different rate of vibration.
3. Although the three bodies work in tandem to function as the "Physical Body", they can be separated, and can operate independently. (Upon the death of the outer physical shell, which usually, dies first, it is the combination of the Lower and Higher Etheric bodies that make ghosts).
4. The densest body forms the outer "meat" shell. It is our work horse. It interfaces with the external three dimensional universe.
5. The next less dense body is the "Sexual", (or "Lower Etheric body") that contains a portion of the indwelling "Self", in the form of the Personality, (which is the outer expression of the Ego).
6. The last of the three physical bodies is the least dense, and the highest in vibration. It is the "Electric", or "Higher Etheric body". It is this body, that is responsible for processing the life force (orange energy) that animates the "Physical Body".

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Fourteen

THE TWELVE FACES OF GOD

PHYSICAL BODIES - Cont.

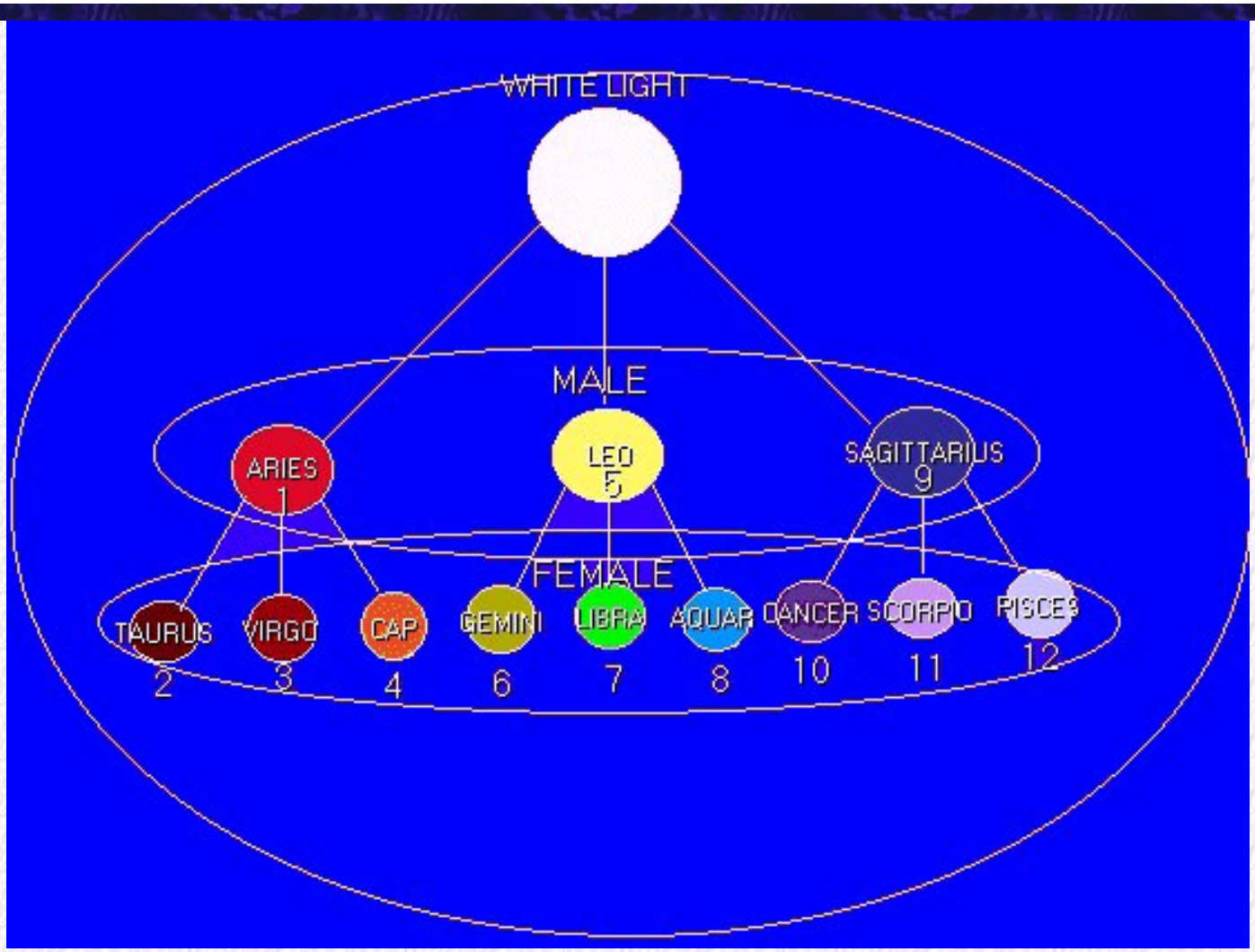
All of the "Physical Bodies," we have looked at, (as well as the "Mental" and "Emotional" bodies we will be studying in subsequent Excerpts), are related to a specific part of the spectrum as a "color", and are also related to either the Sun, or a Planet within our Solar System, and a particular "Sign of the Zodiac." I believe this knowledge was perfectly understood by the "Atlanteans," and represents the "parent" system for all subsequent astrological systems, but has been very watered down and refined over the Ages into the form you see today, losing most of its original importance as relates to a method for unlocking the secrets our true nature. I believe the work done by these ancient metaphysical giants to be extremely valuable, and it is with this in mind that I have revived the original knowledge and share it with you as I believe it was originally meant to be understood.

Before you became involved in "time" and the "physical universe," you shared your Soul with your other half. Upon entering the plane of duality, the two of you were separated. There is an intense desire in both of you to reunite. Although you and your mate, as male and female, have the same number of centers (chakras) within your physical bodies, the emphasis, due to polarities, are

different. In this lesson we will look at some of these differences.

The diagram below is not meant to be an exact representation of the human aura. It is, instead, meant to emphasize the basic differences, in the purest sense, between a man and a woman. Remember that what is shown below is the preference for the pure man and the pure woman, and not meant to represent an ideal. In actuality, there are any number of combinations including the exact reversal of the preferences shown. (The vertical order remains the same, only the horizontal order can be exchanged).

In the chart below we can see how the differences between a man and a woman originates. The white globe at the top represents pure potential in the primordial 2nd dimension, (Christ principle), before its decent into the planes of duality. Notice that it sub-divides into a trinity consisting of red, yellow and indigo globes. This combination represents the male principle. Below this are further sub-divisions representing the female principle. In our current discussion we are focusing on the physical portion of the male trinity (the red globe, Aries), and its component sub-divisions, (brown, burgundy and orange globes as Taurus, Virgo and Capricorn respectively.)



Another way to look at the chart above is to consider the "white globe" as our Sun. The trinity, consisting of the three "Fire Signs," represent the three component principles of the Sun, namely; "outward expansion" represented by "Aries," "inward collapsing" represented by "Sagittarius," and the "static state" represented by "Leo." This leaves the nine remaining "Signs" which represent the nine planets, starting with "Taurus" whose planet is "Mercury," and ending with "Pisces" whose planet is "Pluto." I realize that this is somewhat different than what is currently thought, but please understand that these designations only serve to place each of these "Signs," as vibratory principles, into their proper position in relation to the Sun, and are not dependent upon there being any planets at all. The astrological systems currently in vogue are based upon "magnetic" influences and positions of heavenly bodies upon the earth, and subsequently upon you. The system we are studying is based upon the "vibrational" sub-structure of the Solar System as a macrocosmic pattern found also in human beings as a microcosmic sub-structure, and has nothing to do with magnetic influence or position of the planets.

We learned in the last Excerpt that the physical body can be separated into three components. This can be thought of as actually four separate bodies. The three separate component bodies, and the forth, which is the non-separated, composite body, that functions as a totality. It is this composite body functioning as a totality, that we will look at first.

The composite physical body, as with all of the bodies we will study, can be identified with a color in the spectrum. This color for the composite physical body is usually thought of as being bright red, although it actually extends from infrared, up through the visible range of red.

The Sign of the zodiac with which the composite physical body is identified, is the Sign of "Aries" the Ram. Aries, a "Fire Sign," represents the outward expansion of energy from the Sun, and is the abstract representation of the lower vibratory range of physical form. It also manifests as male sexual energy.

According to "TT" tenets, Aries, as a Fire Sign, is associated with the Sun, and not the Planet Mars, as is held in modern Astrology. Aries is also associated with the shell of vibrating energy that extends out from the Sun, and encompasses the three inner planets, Mercury, Venus, and Earth. As was mentioned before, the system we are presently learning has nothing to do with Astrology, or Astrological influences, so please do not let the differences confuse you. They are two completely different systems, founded upon an entirely different basis. Only the names of the "Signs," and their general characteristics are the same.

Although both males and females have a "composite physical body," there are some differences. The "composite" physical body is considered more as the "male" polarization, in relation to the three "component" bodies, which are considered as the "female" polarization. "Aries" as a center (chakra) is the "Male Sexual Center." The male view point tends to identify more with the composite body than with the separate component bodies comprising it. Emotionally "red" is identified with rage, on one end of the red spectrum, and courage on the other, and is responsible for the saying "seeing red". Red is also the color seen in the aura near the area of an injury. In the art of energy manipulation, red is a principle healing color. (Most domestic animals I have looked at appear to have a permanent red aura).

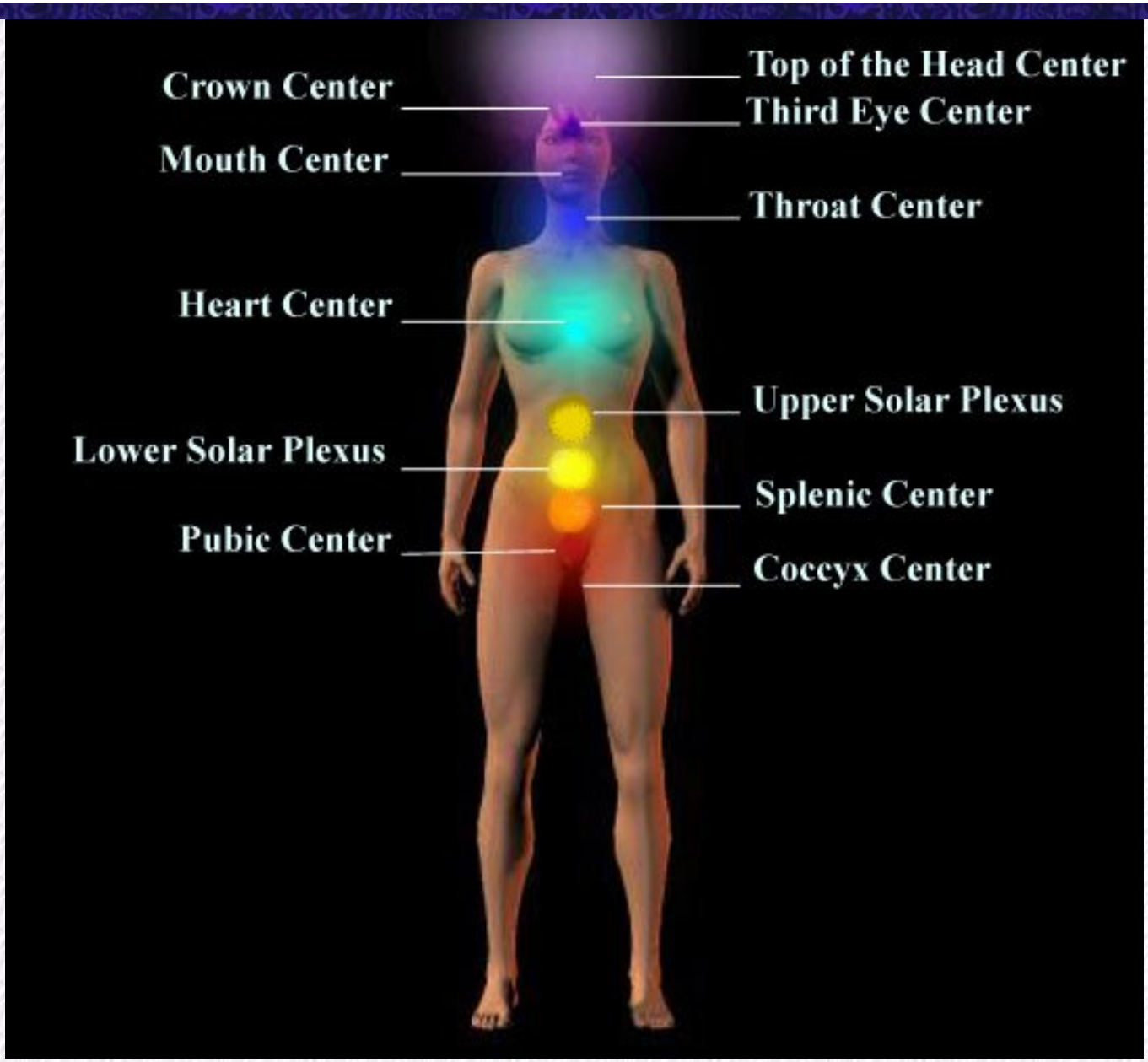
The three component bodies would have to have been considered by the "Ancients" as the female polarization, as opposed to the composite body, which, as we said above, is considered male. It is important to note that the component, body known as the Sexual Body, although both males and females have one, is known as the Female Sexual Center, (burgundy). This is because the male sexual center resides in the composite body, (red), rather than in the central component body where the female sexual center resides. As was mentioned in the last Excerpt, this polarization within the sexual centers is the reason we count only "11" chakras instead of "12". To restate this, a man's sexual center radiates "red energy" directly as "Aries," while a woman radiates "burgundy energy" from her sexual center as "Virgo."

The first of the three component bodies comprising the composite physical, is the Physical "Meat" Body. Here we can actually see the physical differences in polarization between male and female. This body, whether it is male or female, is identified with the Earth Sign, "Taurus the Bull," and is related to the "Coccyx Center" at the base of the spine. Its color is associated with the vibratory part of the visible spectrum that is dark red or brown.

Taurus represents the first kingdom, the "Mineral Kingdom," and is related to the vibrating shell of energy encircling the Sun, that extends out to just beyond the vicinity of the planet Mercury, the planet with which it is associated.

The next component body we learn about is the Sexual Body, (or Lower Etheric). Although both males and females have one, it is considered as the Female Sexual Center. It is identified with a spectral color that is burgundy, or a sort of dark grayish or blackish red to dark purplish red or reddish brown. This color in the human aura, indicates feelings of lasciviousness.

The diagram below is a representation of the various colors associated with the human aura. The major difference between a man and a woman is that the "Sexual Center" is red in the man, and burgundy in the woman.



The Sign of the zodiac associated with this center is the Earth Sign, "Virgo the Virgin." It is vibrationally connected with the shell of energy encircling the Sun, that extends out to just beyond the vicinity of the planet Venus, the planet with which this body is aptly associated, and represents the second kingdom, the "Plant Kingdom." It is this body that is used in what is called bilocation, the ability to be in two places at the same time. The practitioner can instantaneously transport his sexual body to any distance. Once there, he can by an effort of will, lower the vibrations of this body so that it may be seen, and even interacted with. This was brought to an art, by a few Yogi Adepts from the far East.

The last physical body we will look at is the "Electric Body," (or "Higher Etheric," sometimes called the "Astral Body".) This too is considered a female

polarity, and is associated with the Earth Sign, Capricorn the Goat. Its spectral color is orange. This color when observed in the human aura denotes different kinds of pride, depending upon the shade. The darker shades indicate hurt pride. The lighter orange indicates pride of ownership or accomplishment. A proud father will exhibit a very bright orange. This is the color of the life force, or vital energy, and, because it is connected to the "Insect Kingdom," has a great deal to do with the nature to organize and socialize. The higher etheric is associated with the vibrating shell of energy encircling the Sun, that extends out to just beyond the vicinity of the planet Earth, the planet with which this body is associated, and represents the third kingdom, the Insect Kingdom. (As a note of interest, because of orange energy and its roll as the life-force necessary to produce sentience, this would indicate a presence of physical life-forms exclusively on the third planet from the Sun. This could very well be a part of our Suns "signature" that it sends out to other Solar Systems, encoded in its radiant energy we call light.)

Empathic ability relies upon being able to detach this body, and overlay, or merge it with another's, for the purpose of healing. This ability can be learned, and is indispensable for those of us who are involved in the Healing Arts. You can tell if you are empathetically inclined by whether you can feel another's illness.

For example, if you are around someone who has trouble breathing, do you suddenly feel as though you are having trouble breathing. You may have been told that you have a big imagination, or that you are a hypochondriac. The truth is that you are probably a budding empath. This faculty was little known in this time period, and so, tragically, was either discouraged or ignored in children.

This concludes this Excerpt. Next time we will continue with our study of the Twelve Bodies by looking at the four Mental Bodies.

--END--

Next Excerpt

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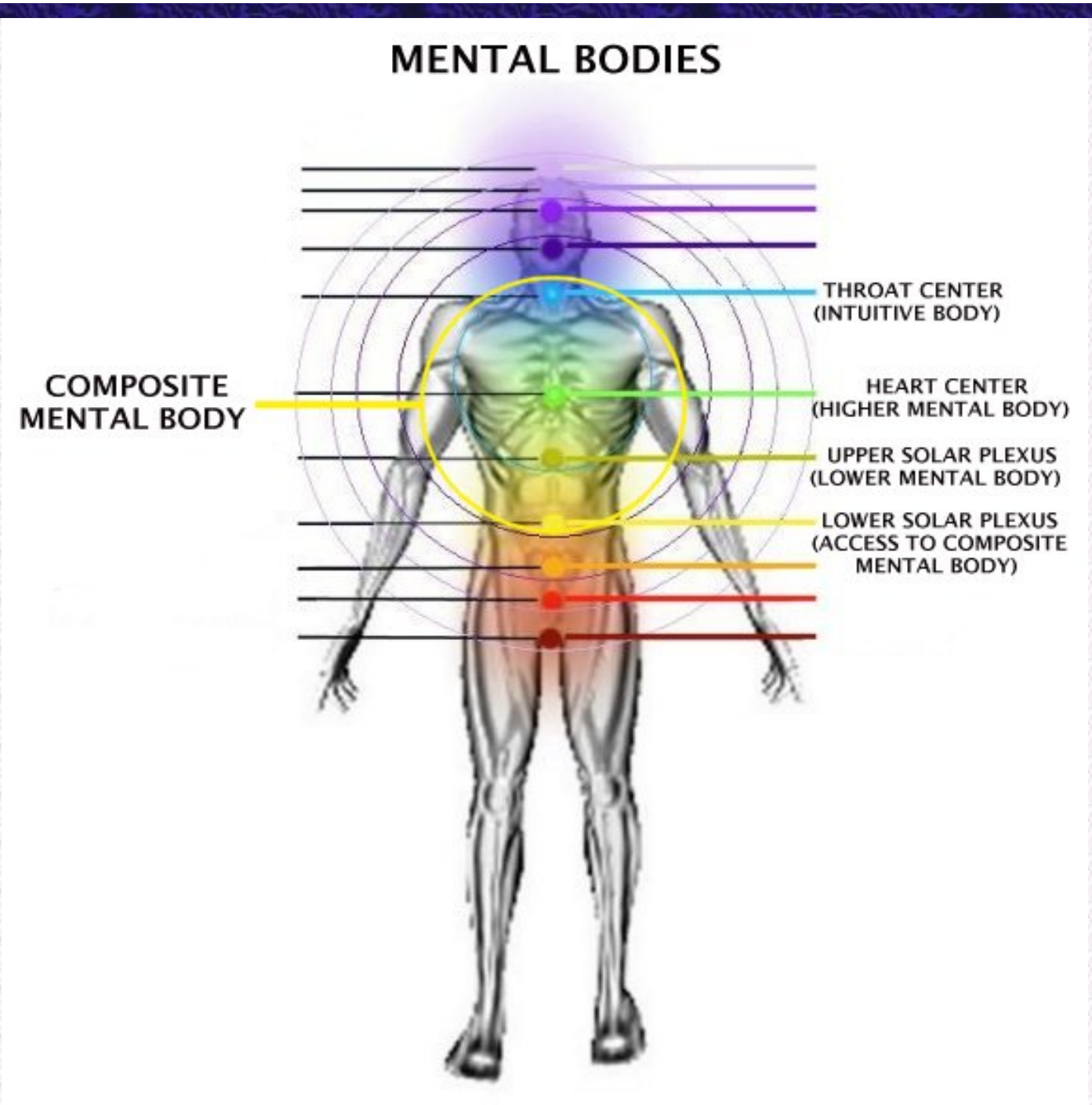
A COURSE IN TIME TRAVEL

Excerpt Fifteen

THE TWELVE FACES OF GOD

MENTAL BODIES

Residing within and above the physical, (in terms of vibration) is the "Mental Body", which deals with planing and abstract thinking. Like the Physical Body, it is also made up of three separate bodies, the first of which is the "Lower Mental Body" or "lower mind". This is the beginning of what is called the "Mental Plane". Here we are concerned with the facts and figures of the world. It is a lightning fast computer. Although this body is associated with the Animal-kingdom, it is highly evolved in Man. Idiot Savants and child geniuses exhibit some of the amazing abilities available in a sufficiently developed Lower Mental Body .



The next higher body in vibration, is the "Higher Mental Body". This is the mental body that the majority of Mankind is striving to master. Here we are learning how to apply judgment and powers of discrimination. The better Generals throughout world history, had a highly developed Higher Mental Body. This faculty is usually exceptionally developed in Time Travelers, which gives us the ability to understand the many subterfuges so prevalent in politics and business of the time. This was an Age where the Masters of deceit flourished, and the ability to lie and deceive was greatly rewarded with power and wealth. The general population was not able to discriminate, and therefore were fair game to the more

crafty predators among them. Unfortunately, some Time Travelers, because of their highly developed powers of discrimination, will become caught up in this process as predators, which would produce internal conflict within their highly developed spiritual and moral bodies.

The highest vibrational Mental Body is the "Intuitive Body". This faculty gives the user the ability to "know" without knowing. In the present time period, advanced Man was beginning to learn to use this Body.

A REVIEW OF THE MORE IMPORTANT POINTS:

1. The Mental Body resides upon the various Mental planes of existence, and is concerned with the mental abilities and qualities of the mind.
2. It is composed of three separate bodies.
3. Each body occupies the same physical space, but each vibrates at very different rate of vibration.
4. Although the three bodies work in tandem to function as the Mental body, they can be separated, and can operate independently.
5. The lowest, in vibration, is the Lower Mental Body. It is like a calculator. It resides on the lowest mental plane. (The Mental Plane represents divisions and subdivisions of the Mental Body).
6. The second part of the Mental Body is the Higher Mental Body. It is the central part, that contains a portion of the indwelling "Self", in the form of the Ego.
7. The last mental body is the Intuitive Body. It has the highest vibration. It bestows the faculty of intuition (or knowing without knowing). Very few people of today had developed this faculty to any degree. Numbering among those who have, are many Psychics, Mystics and, of course, Time Travelers.

Each of the mental bodies, we have just learned about, is related harmonically, to a specific part of the spectrum as a color, and is also related to either the Sun, or a Planet within our Solar system, and a sign of the Zodiac. Although, on the inner planes, the Mental Body appears to reside in simply a higher vibratory level from the physical, it actually has a multidimensional placement that is in the center of our being. As was stated earlier, the mental body is a composite of three mental bodies. It is associated with the Fire Sign "Leo the Lion." Its polarization is male, and represents the "Male Heart Center". Although it

extends, in the human body, from above the throat to below the solar plexus, it is accessed through the lower portion of the solar plexus. It is here we find a kind of animal courage or aggression.

The Composite Mental Body is the color yellow, (bright yellow) and in the context of mentality, is associated with pure intellect. It represents the abstract mind. Leo is also associated, as the central vibratory reflection of the Sun, with the shell of vibrating energy that encompasses the three central planets, Mars, Jupiter, and Saturn. Leo, a Fire sign, represents the central consciousness of the Sun, and houses that indwelling portion of the self known as the "Super Ego".

The Mental Body is made up of three component bodies, the first of which is the "Lower Mental Body". This body is the color of dark yellow (Male, mental) or pink (Female, emotion). It is this pink color that is responsible for the saying "sees through rose colored glasses". This pink vibration causes its practitioner to live in a fairy land of wonderfulness, a hard reality to maintain in today's world. Marilyn Monroe is an example of a pink Gemini. A certain shade of pink is associated with the feelings of puppy dog love. The dark yellow is sometimes connected with the "little professor" aspect of the personality. This is where you find the "know it all".

The Lower Mental Body is associated with the Air Sign, "Gemini the twins". In terms of birds, this air sign it is most akin to the hawk. (Some Gemini's look like birds of prey, with pronounced hawk like features.)

The vibratory shell, for the Lower mental Body, extends out from the Sun to the vicinity of the planet Mars. Physically, it is accessed through the upper half of the Solar Plexus, and represents the upper echelon of the fourth kingdom, the "Animal kingdom". Domestic animals usually have this center well developed. It is here we get feelings of right and wrong. It is also where we get a "gut" feeling about things. It is in this area of the Solar Plexus that we feel the numbing fear that is the opposite of courageousness, and this is the reason the term "yellow" (dark yellow) is associated with cowardliness.

Because of our close connection with the Animal Kingdom, and the wide spread abuse, and killing of animals, all over the world, we are affected through sympathetic vibrations in this body, causing us to have unwarranted feelings of fear in some of the more sensitive of us. This is also the body where the feelings of

shame are experienced.

Next is the "Higher Mental Body". This body is composed of all shades of green, the most central point of all of the colors. This is the "Female Heart Center", and is associated with the Air Sign, "Libra the Scales". Libra as an air sign is akin to the owl. Many Libran's of this type will look like a bit like Tweety Bird.

Libra represents the center, or balance point of the spectrum. Its planetary connection is the vibrating shell of energy that extends out from the Sun to the vicinity of the planet Jupiter, the fifth, and most central planet out of the nine, and represents the fifth kingdom, the Human Kingdom. Whereas Virgo housed the personality, and Leo houses the Super Ego, Libra houses the Ego. It is rigidly centered in its green habitat. On the negative side is where all manner of selfishness originates. In addition, it is the home of procrastination, and is responsible for the saying, "can't get off of the dime". It is also responsible for the saying, "green with envy".

The darker the shade of green the more intensely selfish. As we move through the darker shades, we find such old favorites as greed and vanity, not to mention avarice. It is no accident that our paper money is green. The lighter the shade, the more philanthropic, and in the central shades we find tranquility. There is a certain emotional openness in the lighter shades of green, within the Female Heart Center, that prompts the saying "wears her heart on her sleeve". (in the extremely light shades we find superficiality and frivolousness) Since this is the balance point, it gives the Human Being an extra view point over the animal kingdom. The animal has only four view points, which results in emotionally based decisions. "This or that", "black or white". The Human Kingdom, has five view points. It is this extra view point that allows a detached reference point that gives the ability to discriminate, or discern. This results in intellectually based decisions, and it one of the primary differences between animal and human behavior.

One of the problems with this body, for the inept, is the inability to make a decision. Because of the capability of seeing all sides of a decision as being equal, it becomes difficult to make any decisions at all. This type of person does not like to argue because they can understand and sympathize with both sides equally. Certain types of mental illness derives from the negative aspects of this body, in

the form of procrastination, in combination with fear found in the upper solar plexus, usually experienced as a gone feeling. Agoraphobia (fear of open spaces) and other kinds of phobias in this category can produce a paralysis of fear. Color therapy and energy manipulation can greatly diminish, if not completely cure, these types of phobias.

The last Mental Body is the "Intuitional Body". This body has as its vibrational color base, all shades of blue, and is accessed through the throat center. It is associated with the Air Sign Aquarius, the Water Bearer. Many people think that it is a water sign because of this, but it is actually the highest vibrational Air Sign. It is here the saying "feeling blue" comes from. The darker the shades of blue, the more serious the mood. This can produce feelings of melancholia. The lighter the shades of blue, feelings of spiritual devotion can be experienced. The highest shades of blue denote the highest feelings of altruism, inspiration, and selflessness. This can be a problem for the practitioner, because they can easily be victimized, and taken advantage of.

The planetary connection, for the Intuitional Body is the vibrating shell of energy that extends out from the Sun to the vicinity of the planet Saturn, and represents the sixth kingdom, the "Super Human Kingdom:. This, being an air sign, is most like the eagle.

Aloofness, or cold loftiness can be a problem for this body. Feelings of sympathy emanating from the Intuitional body, at the throat center, is responsible for the saying that one is "choked up". Also, fear emanating from the upper solar plexus can sometimes cause this center to shut down, which is why we may have difficulty speaking when we are scared. Although intuition is this body's strong point, this by itself can be dangerous. It is the cause for the saying "fools rush in where Angels fear to tread".

The lightest blue type of Aquarian can also vie with the pink Gemini for the title of "air head". The lighter shades produce a feeling, in those around them, of trust worthiness and good-naturedness.

The addition of intuition to the Human Being, gives him six separate view points. This distinction is the difference between the Human Being, and the "Super Human Being" that is coming into being in this time period. A difference as great

as that between the human and the domesticated animal.

This concludes this Excerpt. Next time we will look at the four emotional/spiritual bodies.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Sixteen

THE TWELVE FACES OF GOD

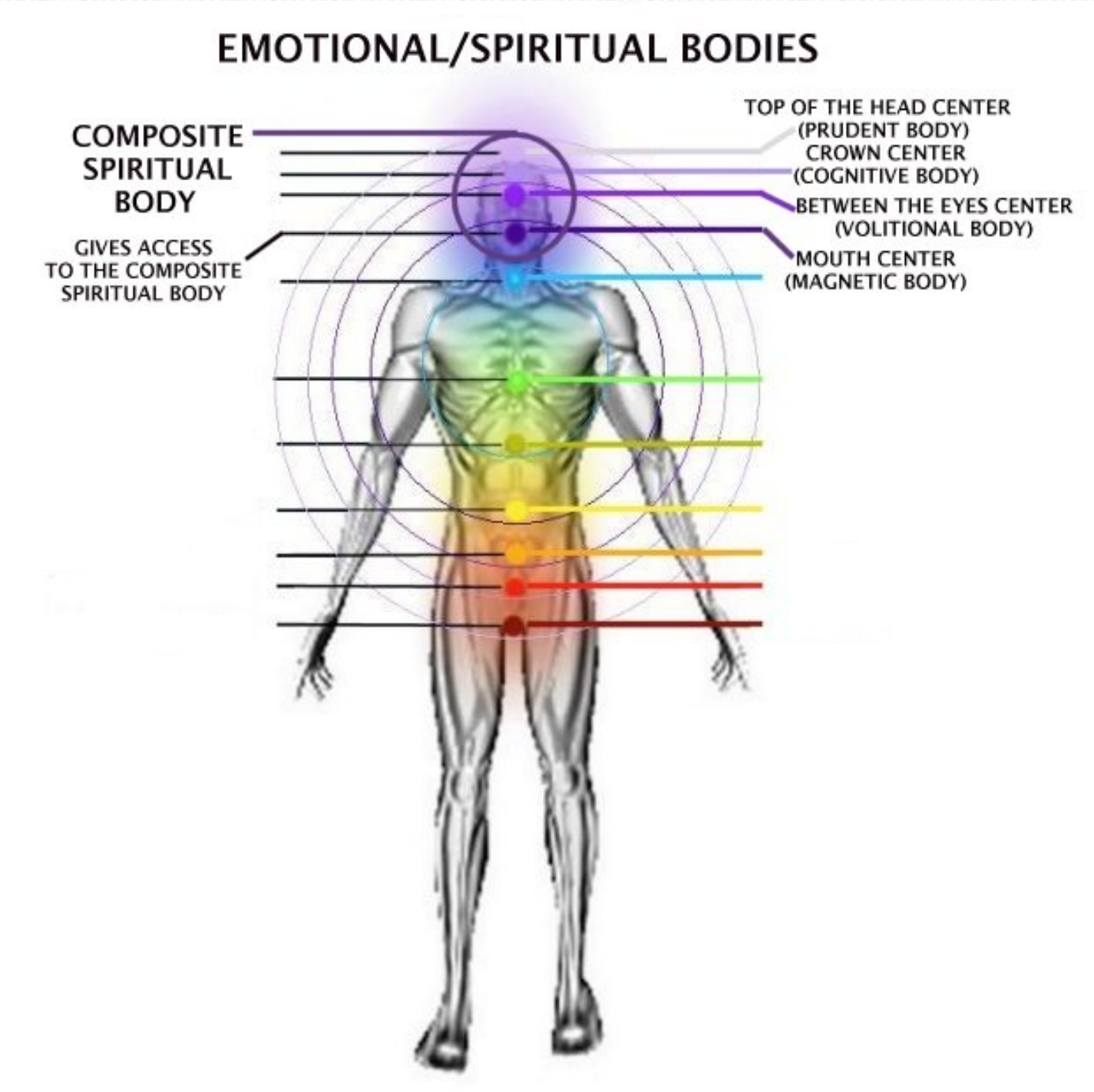
EMOTIONAL/SPIRITUAL BODIES

The Spiritual Body resides within the same space and above the Mental Plane, (in terms of vibration). It is also a composite body, in that It is made up of three separate bodies. This body represents Male Emotions, and Female Spirituality, which is extremely interesting, in that this body vibrates in resonance with the color indigo. Indigo, when viewed clairvoyantly looks almost black, and for all practical purposes, is a virtual void. This means that fundamentally, men exist in an emotional void, and women exist in a spiritual void.

Before you react to what was just stated, let it be known that this is a good thing, and will be quickly explained, as such. As you progress in this Course, you will begin to understand that true emotions and spirituality are born out of the blackness of the void. Since the blackness of the void is much too severe for us as Human Beings to tolerate, indigo is natures way of imitating the void, without actually having to use it. The result to us is the same. The dark indigo spiritual body by itself, is a terrible experience for us. It is so dark that we can experience nothing, except that we do not want to be there. It is necessary for us to experience nothingness, in order to cause us to let go completely. This is a major, and absolutely necessary, developmental component at the highest level of Human

evolution.

The Spiritual body is comprised of three component bodies, the first of which is the Volitional Body. This is a center of will power and focus. Some of the greatest leaders throughout history had developed this faculty. In the Male polarization, it is the "Eye of the Tiger", sought by the combatant. It is used to pierce the veil of mystery sought after by mystics, however it is a veil of tears for women.


EMOTIONAL/SPIRITUAL BODIES
COMPOSITE SPIRITUAL BODY
GIVES ACCESS TO THE COMPOSITE SPIRITUAL BODY
TOP OF THE HEAD CENTER (PRUDENT BODY)
CROWN CENTER (COGNITIVE BODY)
BETWEEN THE EYES CENTER (VOLITIONAL BODY)
MOUTH CENTER (MAGNETIC BODY)

At certain levels of vibration, the volitional body, (emotionally) can be a

place of deep suicidal depression, for the uninitiated. If you can see colors around people (Auras), this depressed condition appears like a dark purple band around the eyes, giving the bizarre feeling that you are looking at a masked bandit, or a raccoon. This condition can be quickly alleviated by color therapy, and energy manipulation.

Here is something you can try if you feel depressed. Meditate upon or gaze at a bright orange object or light, (not too bright.) This will lighten up your aura and provide a measure of immediate relief.

Remember that men can be susceptible to the emotional effects of the Volitional Body, just as much as women can use it for focus and will power to become top athletes. The Volitional Body is currently, very underdeveloped in most of the world population.

The next higher vibrational vehicle is the Spiritual Cognitive Body. It is the place that spiritual knowledge is known. It conveys to the user great wisdom and clairvoyant powers. It is the central part, or heart of the Spiritual Body, and contains a portion of the indwelling "Self", in the form of the discrete Super Ego. (An extension of the Soul). Our greatest profits and spiritual teachers had access to this faculty. Emotionally, this body expresses spiritual power. Taken to extremes, can produce megalomania, or what is know as a God complex.

The highest vibrational Spiritual Body, and the last in line, is the Guardian or Prudent Body. This body interfaces with the spiritual, or Fourth Dimensional "outside", Just the way our physical outer shell interfaces with the Third Dimensional "outside". It filters out unnecessary or unwanted spiritual influences.

It also is a regulatory body, in that it moderates the amount of spiritual energy flowing into the lower vibrational vehicles, which regulates the amount of inspiration a person may have. If you are uninspired, this body may be asleep or perhaps has become damaged through psychic attack or drug abuse.

It can be awakened by direct energy manipulation. Sometimes this body, for some reason, (many times drug related) goes into overwhelm, and begins to produce an inordinate amount of fear. This in turn, shuts down the spiritual flow through the system. In severe cases, this can result in a form of severe paranoia,

agoraphobia, or even violent behavior. This is especially true of long term cocaine, or heroin users, and short term crystalline methamphetamine, (crystal meth), users. Sometimes, a single trip on lysergic acid, will cause this body to go into permanent shut down.

A REVIEW OF THE MORE IMPORTANT POINTS:

1. The "Spiritual Body" is made up of three separate bodies.
2. Each body occupies the same physical space, but each vibrates at very different rate of vibration.
3. Although the three bodies work in tandem to function as the "Spiritual Body", they can be separated, and can operate independently.
4. The first and lowest vibrational vehicle is the Volitional body. It functions as a lens for focus and will power, but can have a negative emotional influence.
5. The next less dense body is the Spiritual cognitive body, that contains a portion of the indwelling "Self", in the form of the (Discrete Super Ego which is an expression of the Soul). It gives access to universal knowledge.
6. The last of the three bodies is the least dense, and the highest in vibration. It is the Prudent Body. It spiritually protects the lower bodies, and also controls the flow of spiritual energy.

Each of the spiritual bodies, we have just learned about, is related to a specific part of the spectrum as a color, and is also related to either the Sun, or a planet within our Solar system, and a sign of the Zodiac. As was stated earlier, the spiritual body is a composite of three spiritual bodies. It is associated with the Fire Sign Sagittarius, the Archer. Its polarization is Female.

At this point, a distinction needs to be made as to the actual male, female relationship between the three Fire Signs, Aries, Leo, and Sagittarius. All, three fire signs, are male in relation to their component signs, however, among the Fire Signs, Aries has a polarization that is male in relation to Sagittarius, which is female. They are in every way, equal and opposite. However, Sagittarius is still male in relation to its component signs, Cancer, Scorpio, and Pisces. Leo is a composite of, and the center of, the combination of Aries and Sagittarius. In other words, Aries, which is positive, represents

the Father as a polarized male. Sagittarius, which is negative, represents the Mother as a polarized female. (Polarized, in these cases, means they are each one half of a composite whole). Leo, on the other hand, is a Universal Positive, in that although it is male, it is formed from the balance of both male and female, born out of Aries and Sagittarius, which becomes the center as the Universal Child, or Son... (Sun), or Daughter... (Planetary system). Aries represents the third dimension in its every aspect. Sagittarius represents the fourth dimension, and Leo represents the Fifth dimension.

Sagittarius is the Male Spiritual Center, and the Female Emotional Center. Although it extends, in the human body from the top of the throat to the top of the head, it is identified with the mouth center. Its color is indigo, a very dark purple. It represents abstract emotionality for men, and objective emotionality for women. Sagittarius, a Fire sign, represents the Sun at night, or the returning energy of Aries. It is the force that holds all of the planets in their orbits.

Sagittarian's have tremendous magnetic powers, that are many times not noticed by those around them. They are catalysts, that cause people and things to come together. Sagittarius's planetary connection is the vibrating shell of energy that encompasses Uranus, Neptune, and Pluto. Sagittarius reflects the dual function of the mouth, in that it produces great orators, and singers, as well as great gourmets. For those of you that can see Auras, look for indigo around the mouth, especially those with Sagittarius rising. People who run indigo energy through their hands, have what looks like dirty hands to the clairvoyant. This is not a negative, but strange when you first notice it. They, along with people who run orange energy, can be very hard on machinery, especially cars.

The Spiritual / Emotional Body is made up of three component bodies, the first of which is the Volitional body, a center of creative, will, and emotional power, and is located at the Between the Eyes Center, and is also called the Third Eye. This center is associated with the Pineal Gland. The pineal gland is a small organ attached by a stalk to the posterior wall of the third ventricle of the brain. This is towards the back and above the cerebellum. It is called the pineal gland because it is shaped like a small pine cone.

The Volitional body has the spectral vibration of the color purple. It is associated with the Water Sign, Cancer the Crab. Its planetary connection is the vibrating shell of energy in the vicinity of Uranus.

The next Spiritual Center is the Spiritual Cognitive Body. It is located at the Crown Center, (or the Thousand Petaled Lotus). It is associated with the Water Sign Scorpio. Its planetary connection is the vibrating shell of energy that extends out from the Sun to the vicinity of Neptune. Its color is violet. It is also associated with the billions of cells that comprise physical brain, which in this connection, is a facsimile of our Galaxy, the Milky Way, with its billions of stars. Scorpio is associated with the eyes. You may have heard the expression, "Scorpio eyes." It is very distinctive and once you have identified it, will be able to spot them easily.

The Crown Center may seem like an unlikely place for Scorpio, which is usually associated with the sexual center. However, Scorpio has gotten a bad rap. It is the only triple sign in the Zodiac. Traditionally the Eagle, the Snake, and the Scorpion. In the system we are learning, Scorpio also has three centers. First is its own center, the Crown Center, this is the well spring of great emotional and spiritual power. which is the Male spiritual center. next is the Female Heart Center, under Libra, a place of great intellectual capacity, and thirdly, is the Female Sexual Center, under Virgo, sometimes called the "Little King", in men. It becomes apparent that Scorpio is very involved with Christ Consciousness, in that these centers represent three out of four of the manifestations of Christ. Only Leo is missing.

It is unfortunate that many Scorpio's are fascinated with the least virtuous part of their nature.

The last center is the Prudent Body. It is associated with the Water Sign Pisces. Its color is ultra violet or grey. Ultra violet is the highest spiritual vibratory color within a human being. Grey is the spiritual color of fear. This aspect of fear is very interesting in Pisces. This is not the usual animal fear we are most familiar with. It is, instead, the kind of fear we call dread, or mortal fear, or the sometimes paralyzing fear of the unknown. Fear is the regulatory device that the Prudent Body uses to control all of the rest of the

bodies. In this sense, the Prudent Body is a combination of all of the rest of the bodies. Although this is a place from which great wisdom and diplomacy is born, It can be said that this body is the "Jack of all trades", but master of none.

The center for Prudent Body is at the very top and center of the head, and is, (oddly enough), called the Top of the Head Center. Its planetary connection is the vibrating shell of energy in the vicinity of the planet Pluto. This center is associated with the pituitary gland.

REVIEW

A good way to start this review, is to look at what we have covered, from the other way around. First have the solar system, which when viewed from a distance could be considered a ball of expanding white light. This stage in consciousness is the present goal of Humanity.

If we separate white light into its three primary components, we find a combination of infrared, yellow, and indigo. Infrared, (red) under the sun sign Aries, is further broken down into the three earth signs, Taurus, Virgo, and Capricorn. Their colors, respectively, are brown, burgundy, and orange. Primrose yellow, under the sun sign Leo, can be separated into the three air signs, Gemini, Libra, and Aquarius. Their colors, respectively, are dark yellow (sometimes pink), all shades of green, and all shades of blue. Indigo, under the sun sign Sagittarius, can be divided into the three water signs, Cancer, Scorpio, and Pisces. Their colors, in turn, are purple, violet, and ultra violet (grey).

Notice that this is a linear system. What is meant by this is, the signs line up according to the spectrum, in a linear fashion starting with the lowest vibrational earth sign, and winding up with the highest vibrational water sign. We begin with the lowest vibrational fire sign, Aries (red), which rules the lower male torso, and corresponds to the energy (Kundalini) found at the male sexual center.

The next step is the break down of Aries into its three components, the first of which is Taurus, (brown) found at the anal center. Next is Virgo, (burgundy) found at the female sexual center. The third and last component of Aries is Capricorn, (orange) found at the splenic center, a point between the sexual center and the navel. Next is Leo, (bright yellow) located at the solar plexus. (abstractly, Leo is also considered the male heart, and rules the middle section of the male torso. Specifically Leo is found through the lower portion of the solar plexus.) Leo when separated into its three components, produces Gemini, (dark yellow or pink. These are known as the twins.) which occupies the upper portion of the solar plexus.

Next is libra (all shades of green) at the heart center. (Libra is also considered the female heart) And thirdly, is Aquarius, (all shades of blue) located at the throat center. After Aquarius, we find Sagittarius (indigo, a very dark blue purple) at the mouth center. Broken down into its three components, we first find the Water Sign Cancer, (purple) located at the spot between the eyebrows. Next we find Scorpio (violet) located at the crown center. Last in line, is Pisces, an ultra violet, which looks like a light lilac or grey. Clairvoyantly, grey is usually identified as the color of fear. Pisces is located at the top of the head, and is the only sign to have direct access to this center.

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Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Seventeen

ANALYSIS OF CONSCIOUSNESS

CHRIST CONSCIOUSNESS

What is the difference between God, Christ, Cosmic, Buddhic and Krishnic consciousness? By examining the evolution of consciousness from the primordial pre-manifestative state to present, I believe we can find a simplified understanding of what is otherwise a complicated and difficult subject, fraught with a morass of varied interpretation and emotional bias.

The definitions contained in this Excerpt and those that follow in this series, supersede all other definitions contained in the Course. By this I mean if a contradiction occurs in the definitions found in earlier Excerpts and those now being presented, defer to the later definitions. This is because a more exacting examination of consciousness produces a more exact definition and, hopefully, a more precise understanding of the underlying mystery of the nature and structure of consciousness.

Consider our earlier examination of primordial consciousness when we

saw that the void contained a substance *(Ether) with the potential for life, which was capable of producing all that we experience today. We further saw that this substance was subject to continuous inherent vibration which produced polar opposites.

(Ether, an all-pervading, infinitely elastic, massless medium formerly postulated as the medium of propagation of electromagnetic waves. The void, or that which fills the void. Einstein's "fabric of space".)

At one pole (negative pole) was the primal void, which was the "Ether" devoid of all motion or vibration. At the other pole was the void experiencing maximum motion or vibration of the "Ether" which produced "white light" as a natural consequence. (Remember that these "poles" exist in the same space at the same time.)

The nature of vibration dictates that there is a stair step process of ascending vibration from the void to white light, and descending vibration back again to the void. Each of these four states, (the void, white light, moving from the void to white light, and from white light to the void) is the beginning of a different kind of consciousness, i.e., Cosmic consciousness, Christ consciousness, Buddhic consciousness and Krishnic consciousness, respectively. These, all together, form something called God consciousness which is a grand gestalt beyond these individual kinds of consciousness. In other words, God consciousness exists in a way so unified as a whole that its properties cannot be derived from a simple summation of its parts.

The void is the birthplace of what, according to "TT tenets", (information contained in "A Course in Time Travel"), is called the "Sagittarius principle", which in its most extended state is called "Cosmic consciousness".

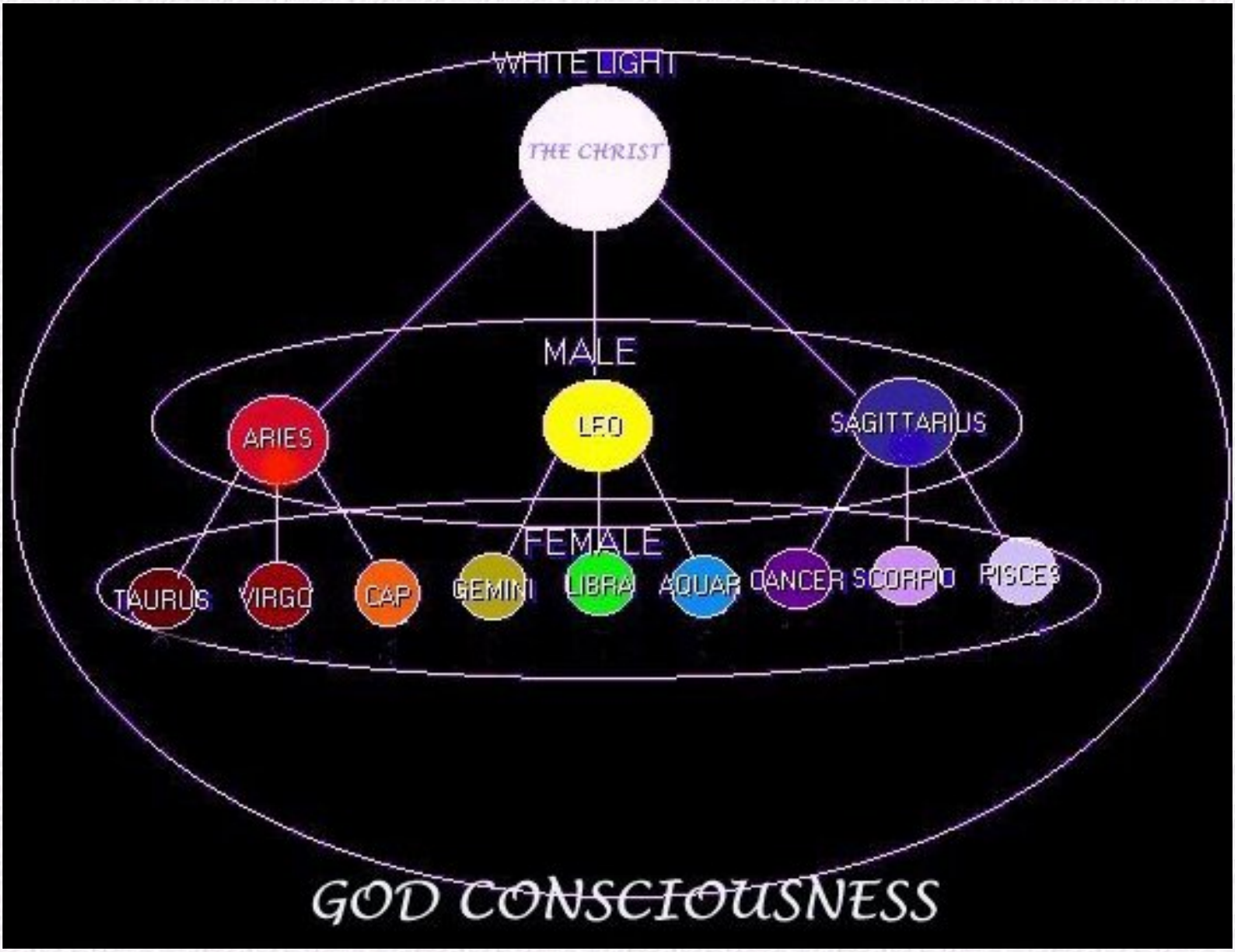
The white light state is the birthplace of what, according to TT tenets, is called the "Leo principle", which is the beginning of "Christ consciousness".

The action of going from white light towards the void is part of the nature of what we, again according to TT tenets, call the "Aries Principle".

Ascending vibration upon the Ether (from the void to the white light state), is, according to TT tenets, called the "Buddhic Principle", while descending vibration upon the Ether (coming from the white light state to the void), is, according to TT tenets, called the "Krishnic Principle". (Note that the Buddhic Principle is part of the nature of the Sagittarius Principle, and that the Krishnic Principle is part of the nature of the Aries Principle.)

Below is a chart showing the various components of "Christ consciousness" in terms of the colors of the spectrum and the "Signs" of the zodiac.

(See chart)



The white light state shown is static in that it is without motion. We have seen this state before as the goal of Buddhic consciousness. In that context it is called "Nirvana". It is also thought of, by many, as highest "Heaven" in the western world, and, by many others, as God. What is found here, as emotional content, is called bliss or ecstasy when compared to any other state of being. It is interesting to note that Christ consciousness in this primal state does not exhibit that which we term "love", so predominately associated with this consciousness. This ability, or quality, which is so characteristic of Christ consciousness, does not appear until we experience it in its subdivided descent into duality. (This is simply because of the necessity of reflected selves, not possible until the planes of duality.) Also note that Christ consciousness at this master level is composed of all other components of manifestation and potential kinds consciousness, (not shown), including all component levels of what is exclusively considered as various sub-levels of Christ consciousness. The two exceptions that cannot be included as sub-divisions of Christ consciousness are, Cosmic consciousness, which is a polar opposite of Christ consciousness, and God consciousness, which contains both Cosmic and Christ consciousness as integral parts of itself.

We have stated that all other kinds consciousness, with those exceptions stated above, are derived from Christ consciousness as sub-components. It is for this reason that many think that the "Christ" is in fact God. We can understand why many would also believe in this state-of-being as the ultimate goal for humanity.

It should be pointed out that Christ consciousness, within human beings, exhibits motion as an "outward expansion", (from a fixed centralized position), which impinges upon others as love. Cosmic consciousness, on the other hand, exhibits motion as an "inward expansion" (or contraction), (from a fixed position that is the opposite of centralized), which manifests as enlightenment and bliss.

It is important to understand that those who seek God consciousness have chosen a much more difficult course of action than those who seek to

simply "return to the Christ", and must have, as a prerequisite, already progressed through the lessons of Christ consciousness. This is not to deride the latter, for Christ consciousness is a critical, vital and necessary choice to each and everyone of us in our spiritual progression. However please note that, as I understand it, many Christians believe the direction of creative intent of Christ consciousness, is "returning to the Father", through Christ, to reside in "Heaven". (i.e., that of returning to where we originated.) On the other hand, the direction of creative intent of God consciousness, as concerns human beings), from all indications, is one of manifestation into the Third dimension as "Heaven on Earth". (These are diametrically opposed directions and intentions.) This would suggest that those who simply seek refuge in the Christ will at some time feel the urge to re-descend into matter as a necessary continuation of spiritual evolution.

I feel that the above spiritual dichotomy is at the heart of much unnecessary spiritual confusion and subsequent lack of unity. For this reason, I believe that it is obviously prudent, in order to help to alleviate this confusion, for us to endeavor by all available means, to understand the structure of consciousness and its rules of engagement.

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Next Excerpt

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Eighteen

EXAMINATION OF CONSCIOUSNESS

COSMIC CONSCIOUSNESS

What is the difference between God, Christ, Cosmic, Buddhic and Krishnic consciousness?

Cosmic Consciousness, what is it and how is it different from other consciousness? It has been stated that Christ consciousness is all inclusive. Everything we know about our universe could be said to be contained within the Christ Principle. So where does Cosmic consciousness reside? It resides OUTSIDE of Christ consciousness as a polar opposite.
This may sound strange or even impossible when you first read it, but never the less, it is true. Perhaps if we take a moment to compare Cosmic and Christ consciousness in relation to God consciousness, we can clear up any confusion.

Essentially, we are studying something called God consciousness and its constituent parts. If we subdivide God consciousness into its most basic

parts, we find two components called Christ consciousness, and Cosmic consciousness. These two components are diametrically opposed. By this I mean they are EXACTLY EQUAL AND OPPOSITE. Christ consciousness, as a principle, occupies everything that is internal to God consciousness, and its method of motion is one of OUTWARD EXPANSION, while Cosmic consciousness, as a principle, occupies everything that is external to Christ consciousness, and its method of motion is one of INWARD EXPANSION, (OR CONTRACTION). We will get into more detail as we progress. For now, understand that there is a trinity composed of God consciousness and its two principle components. We can recognize from the Christian idea of the trinity, the "Father" principle of the trinity as God consciousness. We can also recognize the "Son" principle of the trinity as Christ consciousness. This leaves Cosmic consciousness as the "Holy Ghost" principle.

On a more personal level, we can see the Christ principle existing as what one considers as oneself or personality, or the insouling something that differentiates each of us from all others.

Conversely, we can see the principle of Cosmic consciousness existing as all that is not considered the self. It is the cohesive something that exists beyond the individual, as a principle of collectivity that holds everything together.

We learned in the last Excerpt that the primordial positive pole is also the primordial Christ. We also learned that this same place is called Nirvana by some and Highest Heaven by others. That these seemingly different places are, in fact, the SAME place is an astoundingly important piece of information and one (that I am prone to believe) most metaphysical researchers have missed.

I personally believe that Christ consciousness is but an interim step to God consciousness, and to attempt to make it otherwise, as an end in itself, no matter how tempting or expedient this may seem, is to deform the children of God. It is with this in mind that the TT tenets will endeavor to sort out the more confusing aspects of consciousness, in the hope that future

researchers may build upon it.

Remember that there are two major paths. One is the Angelic path with Heaven and existence within the Christ as the goal. The other is the God path with a continuing participation in creation, and never ending unfoldment of God consciousness as the goal. Of the two, Heaven is obviously a much easier closed ended goal, through the regimented Angelic hierarchy, and is relatively easily attained. God consciousness, on the other hand, is open ended. A never ending accumulation of knowledge, power and space, and in addition to this, ALL that the Christ principle confers. God consciousness being all inclusive includes all that the Christ is without being confined by it. As we recall, the Christ principle is all that is **internal** in God consciousness, and can be thought of as the personality, or (quality) of God, or, if you will, the "heart" of God. Cosmic consciousness, in contradistinction, is all that is **external**, (quantity). God consciousness contains, (but is not limited to) these two components, all that is internal and all that is external as well.

It is good to remember that the basic difference between God consciousness and Christ consciousness is one of placement and perspective. While God consciousness contains, in perfect balance, both Christ and Cosmic consciousness, in God consciousness the Christ is the internalized sum and quality of the Self, whereas in Christ consciousness God exists as an externalized parent.

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Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Nineteen

DETAILED ANALYSIS OF CONSCIOUSNESS

BUDDHIC CONSCIOUSNESS

We saw in the last two Excerpts that vibration acting upon what is called the "Ether" or Einstein's "fabric of space", causes a polarization, which is a condition of opposites. One pole is pure energy without vibration or motion. The other pole is pure energy (the same energy) in a state of maximum vibration or motion. Because the negative pole (void) appears to be first in order, it is called the First dimension. According to "TT" text, this is called the "Prime Reality" or "First Reality". The other pole because of its relationship to the First pole becomes a second place or dimension which is contained by the first. Because of this duality we call it the Second dimension, or "Second Reality".

Please note that the Second dimension is CONTAINED by the First dimension. This means that the Primordial 2nd dimension as a polar opposite is contained in the center or inside of (be it infinite or finite) the Primordial 1st dimension.

If you will examine this place with me you will see that the primordial 2d is a place of endless white light without any distinguishing features. Although we have identified it as the primordial Christ, it is static and without the expected feelings of love that one associates with Christ consciousness. This is because it is completely self contained, and exists in a pure state of "Self" without any concept of something outside of itself. The lack of reflected replicated selves removes the characteristic magnetic attraction and interaction that would normally identify this as a place or property of what is loosely termed the Christ.

The 2d, upon closer examination, is everything we identify as Nirvana (Seventh Heaven) and the apex of Buddhic consciousness. While this may seem strange and paradoxical at first, it is completely understandable given the fact that ALL facets of consciousness and created form are derived from the same primordial substance. The myriad differences that arrive from this cosmic womb are all simply unique combinations of the original. Knowing this takes much of the mystery out of the equation, but after all this is what we are attempting to accomplish isn't it? (Remember that the Primordial white light state "exists" in our "now" and in our "space", and is accessible within our being at any time via the correct combination of viewpoints.)

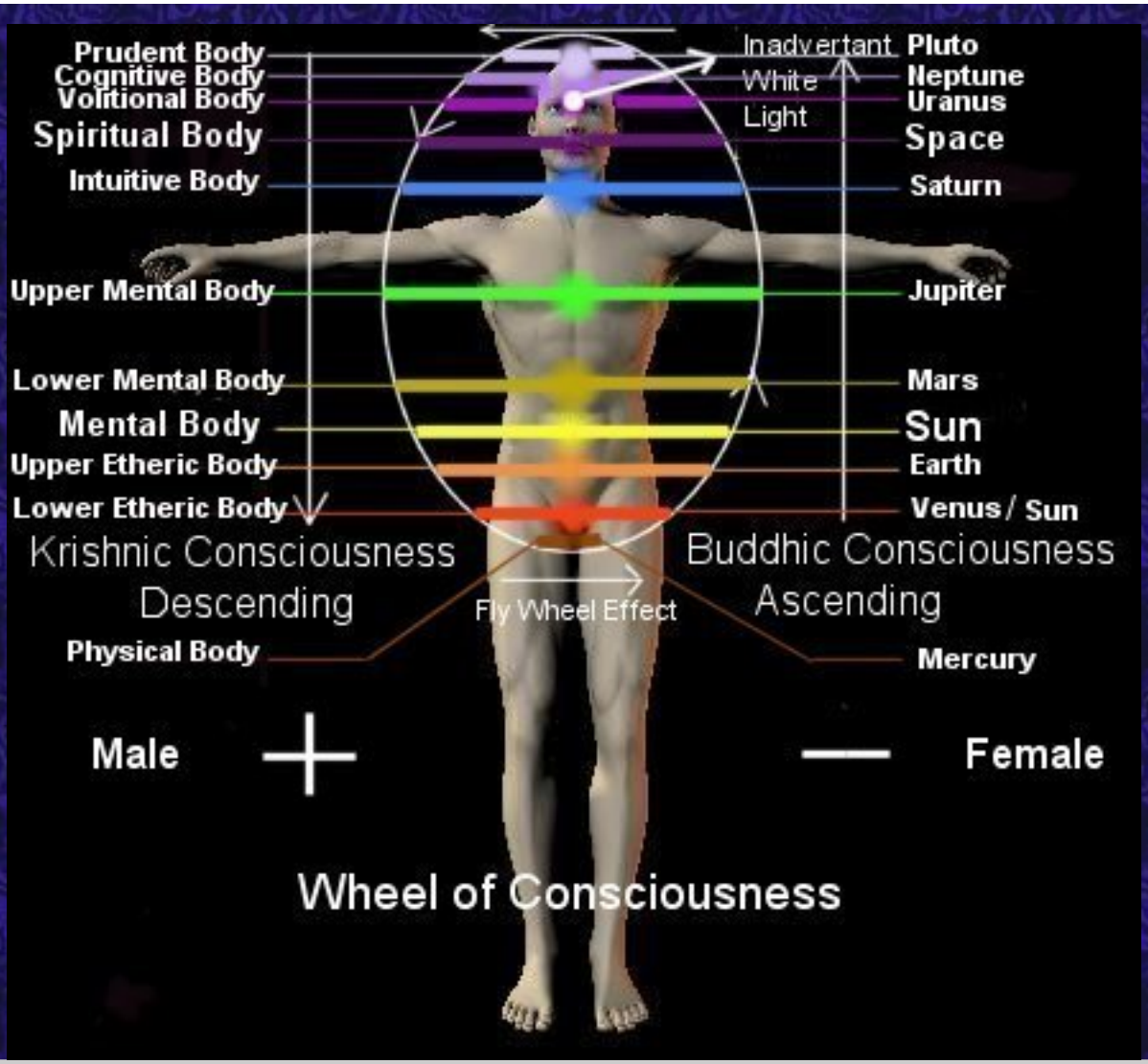
The above brings up an interesting point. If the Primordial 2d as a place or state of being, is the primordial Christ, then how could it also be Nirvana or Buddhic consciousness? Does this mean that they are the same?

They are in a sense the same, but in a larger and fundamentally more important sense, they are completely different. It is this difference that we need to examine. Stated as simply as possible, Christ consciousness exhibits a condition of permanence when achieved as a result of the ACCUMULATION and CENTRALIZATION of consciousness within an evolving human being, while at the same time, achieving an inherent state of detachment from the separate constituent parts and levels of this consciousness. In other words, Christ consciousness is a completeness beyond the accumulated parts, but is always experienced from an enclosed

position as the internal self. Given the above definition, even the personality could be considered a (albeit greatly removed) part of Christ consciousness.

When we contrast the above with Buddhic consciousness, we find we are dealing with the same place and the same nature of consciousness, but from the OUTSIDE. Furthermore and most importantly, Buddhic consciousness is achieved through detachment but not accumulation of the separate constituent parts and levels of consciousness. This means that while Christ consciousness is total and complete as regards the various levels and kinds of consciousness that comprise it, Buddhic consciousness can be defined as a sort of stair-step climbing on top of each component part or level through a process of acquisition and subsequent rejection, and then only in an upward or higher direction in vibration. It is this upward motion that distinguishes it from all other forms of consciousness. This has prompted the argument that the goal of Buddhism seems to be annihilation rather than enlightenment. This is understandable considering the traditional Buddhists goal of total rejection of the 3d through successively lesser incarnations (finally to the level of an insect. Because of a natural repugnance to this idea by western metaphysical students, it is not widely accepted in the west), until the need to reincarnate is completely transcended.

In the mechanics of Buddhic consciousness, a point is reach where there is a sudden realization of white light or "enlightenment". According to TT text, this is called "inadvertent" white light. (See diagram)



Inadvertent because of the upward motion through the structure of consciousness (a result of consecutive detachment) within a human being and as a consequence of being subjected to a state of simulated nonexistence so devastating that it forces a simultaneous and inadvertently cohesive realization of the separate constituent parts and levels of consciousness, which results in a temporary experiencing of a state of white light, and greatly expanded state of consciousness called "enlightenment". What this means is by detaching from each successively higher vibration, a place is reach where we run out of vibrational environment. It is here we hit the "void", called the "waveless state". Because total detachment always results in a sudden realization of white light, there is a resultant white light state that comes into realization at this time. This achievement is TEMPORARY because of the upward motion that has been brought into being by the very methods used to achieve it. It is this temporariness and non-centralized

consciousness (bliss rather than love) that is characteristic of the "enlightenment" stage of Buddhic consciousness. It is here, in enlightenment, that we begin our descent into denser and lower vibratory levels of consciousness, who are called "Buddhas of Compassion", because they forego this exulted state of being in order to help those of us who are "less fortunate". Although a nice sentiment, according to "TT" doctrines this is simply the other side of the "wheel", and the beginning of what is called "Krishnic consciousness". In other words, the practitioner has no choice at this point but to descend. Built into the illusion is the belief of wanting to descend in order to help those less fortunate.

This concludes this Excerpt. In the next Excerpt we will examine Krishnic consciousness.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Twenty

DETAILED ANALYSIS OF CONSCIOUSNESS

KRISHNIC CONSCIOUSNESS

Krishnic consciousness was so named after its chief practitioner Lord Krishna best know to us from the Bhagavad-Gita. This part of consciousness represents the return from white light (in the never ending circle) to the material planes or 3d.

Technically, Krishnic consciousness is said to be representative of "Vishnu the preserver" which represents both birth and death. Originally Vishnu represented the complete wheel of life and death which would include Buddhic consciousness as one half of the wheel. When I refer to Krishnic consciousness, however, I am referring only to the descending masculine side of the wheel. (The Buddhist's refer to this consciousness as "Buddhas of Compassion".)

The major distinguishing characteristic of Krishnic consciousness is that of a continual selfless giving regardless of consequence. (The practitioner finds himself descending from an exalted level of consciousness

to lower levels of consciousness to help those less fortunate then himself. Unfortunately, there is an inadvertent reduction of vibration resulting in the practitioner arriving with the same level of consciousness as those he would help. (We humorously call this the "Law of Punishment for the Good Samaritan").

We can identify Krishnic consciousness (by TT definitions, as a coming from the light, and moving towards lower vibrations (physical planes) through a systematic reduction in vibration. This identifies it as belonging to the Aries principle, (the universal male principle.) We know that Aries is the outward expansion of consciousness from the light (or Sun) to the void. This includes all outward motion.

Krishnic consciousness is identified with the number 9, and as a power structure. This is in contradistinction to Buddhic consciousness which is identified with the number 7. To understand why these numbers are significant, we need to see that in Buddhic consciousness we can only reach the 7th dimension, and then only temporarily. It is almost impossible for one to follow the process in consciousness while going from Buddhic consciousness to Krishnic consciousness. I believe this is why there is so much confusion about it in these two religions.

Basically, what happens is when one reaches enlightenment, they automatically inherit the 8th and 9th dimensional structures as well, as part of the 10d. This is not seen by the practitioner because of a certain degree of "snow blindness" due to the sudden and persistent advent of white light. While experiencing all of this, and its attendent levels of ecstasy, there is little thought of investigation. The turn around point then becomes the 9th dimension which is a power structure, and is naturally positioned to radiate downward in vibration into the physical planes.

In God consciousness the 9d is used to radiate power into the 3rd dimension, but without the degeneration of consciousness found in Krishnic consciousness. The power is radiated from a permanent and fixed position.

This would be so for Krishnic consciousness as well, but unfortunately, whether we call the practitioner Krishnic or Buddhic (Buddhas of compassion), the result is the same. Because of the flywheel effect of forward motion there is a turning around, for the insouling consciousness, from going into ever higher levels of vibration to going into ever lower levels of vibration, hence the "wheel". This is one of the greatest mysteries of this time period. The reason advanced seers and clairvoyants could not understand the true meaning of this phenomenon is because of **overwhelming** feelings of compassion, and an irresistible desire to return to help those less fortunate souls. This was understood as "darmha" in Hinduism, the need to do ones duty regardless of personal feelings. The difficulty was in understanding exactly what the duty should be, and understanding exactly how far one had to go before violating the universal laws of balance? The Buddhists describe "Buddhas of compassion" as "Great Souls" who could have gone on to a permanent state of bliss, but forego this in order to help humanity. I tell you that this is absolutely not the case. They cannot continue on. No one ever has, and no one ever will. At least not by the methods used.

This attitude should sound familiar as the "path of the Saints", who were always martyred. We see examples of this, in our everyday life, in the "do gooder", who will help you even if it kills you. Helping one another is a wonderful thing and should be encouraged at every turn, but doing so out of an out of balanced positive position drives the reality negative. Jesus, right up until his time of "doubt and pain" upon the cross, was exhibiting an out of balance condition we call the "Messiah Complex". We know from previous studies of the Excerpts that when one pushes out into the 3d without an equal and opposite relaxation into the 4d, the results are usually negative because of the inadvertant creation of an out of balance positive force.

To better understand the role each type of consciousness plays in our reality, think of all consciousness as being part of the universal 3d. The 3d forms a trinity. In any trinity are three distinct positions;

These positions are summed up below:

1. There is basic form or outer shells that function as vehicles, which we see as the physical body in the physical trinity.
2. The indwelling consciousness, which we consider as ourselves, and which we see as the personality in the physical trinity.
3. And last is the power structure, which we see as the ability to accomplish and have motion in the physical trinity.

In terms of consciousness, we can identify number one above with Buddhic consciousness. We can identify number two above with Christ consciousness, and number three with Krishnic consciousness.

Krishnic consciousness as a polarization in relation to its twin sister, "Buddhic consciousness", is male. If you will recall, there are three major principles in creation regarding vibration and motion. We have labeled these; outward motion or the Aries Principle, (Krishnic consciousness), inward motion or the Sagittarius Principle, (Buddhic consciousness) and stationary centralization or the Leo Principle, (Christ consciousness). Because of the continuous cycle or wheel effect, Buddhic and Krishnic consciousness are forever consigned to exchange with one another.

In summary, we need to make a basic distinction within the Aries Principle. We have seen that there is outward motion of energy into lesser levels of vibration until a vibrationless state is reached, and also that there is an outward motion from the source that maintains its levels of vibration as white light. As regards Krishnic consciousness, we see that it falls into the first category. The second category, as an extension of continuous radiance and power, is part of what I call God consciousness. Excape from the Buddhic Krishnic wheel is achieved by coming into a centered position upon the wheel which incorporates both directions and consciousness. This centering is called Christ consciousness whose fundamental motion is one of expansion rather than movement via vibration.

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Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Twenty One

DETAILED ANALYSIS OF CONSCIOUSNESS

GOD CONSCIOUSNESS

As has been stated previously in the "A Course in Time Travel", our goal is the never ending pursuit of God consciousness. It is never ending because there is no end to the possibilities and levels of "Being" that can be experienced. Mystics who have experienced some little of what is available have all been at a loss to even begin to express what happened to them. These "little touches" are so far beyond our everyday mundane experience that it is impossible to communicate in words, and indeed in anything less than the experience itself. We are reduced to terms like ineffable and consummate when trying to verbalize what we have experienced, or what we believe these mystics to have experienced. It would be like trying to tell a blind person what the starry night looked like, or trying to communicate to a child the delights of adulthood. As we have said, God consciousness is a perfectly balanced array of all other consciousness and viewpoints. This basic combined viewpoint once achieved can be enhanced as to quality (intensity of Christ consciousness), ability and understanding. This means that one can attain "God consciousness" and appear very flat and

uninteresting in the beginning levels.

HOW IS GOD CONSCIOUSNESS DIFFERENT FROM ITS' COMPONENTS?

In our final examination of consciousness in this series on the various kinds of consciousness, we will take a look at why God consciousness is superior to any other kind of consciousness, and summarize its distinguishing features.

As we have seen in the last few Excerpts, there are four major components of God consciousness, namely; Christ, Cosmic, Krishnic and Buddhic. We have seen how each is an integral part of God consciousness, and how each differed from the other. Although we have seen many indications of what God consciousness is, in this Excerpt we will gather together those qualities and definitions into one place for purposes of reference and further understanding.

In God consciousness, we see an interplay of all of these consciousness as being inseparable. This interplay and fusion of consciousness into a single entity that gestalts far beyond its individual components, is probably the most distinguishing feature of God consciousness. We have previously defined God consciousness as having the universal qualities of:
Omniscience, defined as:
Having total knowledge; knowing everything. --om·nis·cient n.
One having total knowledge.
Omnipresence, defined as:
Present everywhere simultaneously.
Omnipotence, defined as:
Having unlimited or universal power, authority, or force; all-powerful. --om·nip·o·tent n.
One having unlimited power or authority. .

However, for the individual, the above qualities exist as potential that

can never fully be reached. The reason for this is in the definition of the unlimited potential for us as individual beings in our pursuit of God consciousness.

In simpler terms, one of the most wonderful things about coming into God consciousness is the fact that we are finite beings expanding into unlimited potential. It seems then, that we, as finite beings, need a more specific set of definitions then has previously been given.

SPECIFIC DEFINITIONS FOR GOD CONSCIOUSNESS
(As pertains to Human Beings)

1. Un-attainable
2. As having unlimited levels of realization.
3. At the same time expanding and contracting, rather than simply expanding as in Christ consciousness, or contracting as in Cosmic consciousness.
4. As being an on going process rather than something one attains all at once.

This means that no two persons who attain God consciousness will probably be at the exact same level of understanding and mastery at the same time.. (Encouraged differences and variety in consciousness continues to be a central theme, even in God consciousness). It also means that probably no two persons will process God consciousness at the same rates of realization. (There is an upper limit as to the absolute rate of realization, which is termed "instantaneous". In an unlimited and infinite medium, expansion/contraction from a single point, such as occurs with in the consciousness of an individual, "instantaneous" becomes finite and measurable. If my understanding is correct, this state of instantaneousness is a natural part of the 13d. (As a convenient measure, I have referred to this as expanding (out/in) at the "speed of light", however, this in no way is meant to limit the definition of unlimited.)

How can a person come into the process of being "God conscious" and still function in the "real world"? As we approach the Thirteenth dimension, which I have glimpsed and believe to be a most perfect state of existence, anything less than God consciousness would prohibit one from existing in this long sought after "Heaven on Earth". They seem to go hand in hand. I have stressed in "observing the paradoxes" to maximize your 3d experience by being all that you can be from moment to moment, while at the same time staying detached from the results. Considering this, coming into a state of God consciousness should greatly enhance your 3d experience, rather than cascading it into an untenable situation. In fact, if you believe yourself to have attained levels of God consciousness, and are experiencing dark realities and reactions to your efforts, then obviously you have deluded yourself into believing something that is not true by definition.

Remember that your TTO has its own agenda. High on its list of priorities is manifesting through you in a state of God consciousness, and that of achieving the 13d.

This concludes our series on the various types of Consciousness. It was in no way meant to be exhaustive, but rather as a reference and guideline for the lay person interested in pursuing multidimensional consciousness. In the next Excerpt we will begin a series of meditation techniques called the "Fifth Dimensional Meditations", or simply the "5d meds.", which signal the half way point in our studies. To this point we have examined some ideas and theories about consciousness and discussed the reasons why I believe they are true. Now we will begin a series of practical techniques developed for achieving what we have studied and discussed thus far.

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Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Twenty Two

FIFTH DIMENSIONAL MEDITATION

"EXERCISE ONE"

Our physical perceptions are confined to our five senses. Some of us have developed a sixth sense which we call intuition. Our sense of sight allows us to see into the third dimension. Our sense of hearing, smell, feeling and taste, all allow us to better perceive different vibratory levels of the third dimension. Notice that none of these senses give us access to any place other than the 3d. As we develop our sense of intuition, we begin to sense there may be other possible dimensions, other than just the third dimension, in which we seem to live.

Because all of our senses are outward facing we are greatly aware of the outside, which is the 3d panorama so evident all about us. Gradually as we mature spiritually, we become aware of an inner consciousness that is somehow observing life through us. We become curious about this "inner consciousness", hence the questions: who am I? Where do I come from? Where am I going? Why is all of this happening? How is it possible for all of this to happen? Did I exist before? What happens when I die? Where was

I before? Who or what was I? Is there a creator? Am I that? How can I know more? Do more?? Be more???

These are a few of the questions that have plagued mankind from the beginning of our existence. We have studied and explored and prayed and meditated until there is nothing left to study, explore, pray and meditate about. We have enumerated, postulated and theorized until there is nothing left to enumerate, postulate and theorize about, and yet nothing ever really changes for us spiritually. We have seeming change as we progress through each Age, but this is like praying for warmer temperatures when it is cold in the winter, and thinking that our prayers were answered when spring and summer comes.

We have seen that the 3d, from our viewpoint, is outward facing, and that the 4d is a mirror image universe of the 3d that, as a viewpoint, is inward facing. We also find we cannot, as a unified viewpoint, easily observe both universes at the same time. The meditations that follow are designed to solve this monumental problem. It has been stated in this "Course" that the fifth dimension is composed of the third and fourth dimensions combined. We will now learn how to, through meditation techniques, develop a viewpoint that is truly 5d. We have already looked at a few of these techniques in earlier Excerpts, as a prelude to this section.

There are several steps involved. We will go slowly through them, and spend as much time as is necessary to master each of them.

I believe we can assume that you are still stuck in the 3d. You may think you are not. This is part of the power of 3d illusion. Before we can take the first step, on the road to 5d mastery, we need to be willing to let go, on some level, of all that we are and all that we know. Because this is not a simple task to contemplate intellectually, we will do it in a form of meditation. Assume with me for the moment that you are stuck in the 3d. Even though you have material wealth, and you are the great so and so of the world, and you know all and can fly around the room at will and many

fall down on their knees in your presence, let me say that you have to let go of all of this in order to go on. I appeal to that part of you that knows you are in a cul-de-sac of ego. Your ego will fight very hard to convince you that what is being said here is all nonsense and a waste of time. You cannot really blame it for not wanting to be dethroned. Our ego can be like a wanton child. It cares not about adult concerns, and wants only what it thinks it wants at the moment. It is, however, necessary in the continuum of existence of each individual, to evolve to a point where the ego is willing to forego some of its immediate pleasures in favor of a continuing spiritual development.

- First - It is important to realize there is the possibility of experiencing MUCH more than what you are experiencing now.
- Next - is the understanding and utilization of the tools that are being provided to you in order to realize these possibilities.
- Next - is the desire to give these suggestions a valid try.
- Last - is actually doing what is suggested, on a consistent daily basis, with as little resistance as possible, in the belief that necessary and positive changes are truly taking place in your internal world, and consequently, are inevitably changing your external world as well.

Once you are able to observe these suggestions you are ready for the first step. There is an overwhelming tendency for us to fall back to sleep, dreaming that we are accomplishing all that we wish to accomplish, in terms of expanding our consciousness. Without a terrific desire to awaken, it will be next to impossible for you to do so. Others of us are simply too busy answering the demands of daily 3d life to incorporate these techniques on a daily basis. It is always easier to fall back into old patterns that work for us, rather than take the time and concentration it takes to incorporate new patterns, even though the new patterns might point to eventual enlightenment and liberation.

What we will accomplish in the first step is as follows; A shift from the third dimensional view point to the fifth dimensional view point. This

means going from the familiar forward progression of time and events, to a combination of INWARD AND OUTWARD at the same time.

MEDITATION

A very important point to be aware of is, acquiring the Fifth Dimension also means EXPANDING IN SIZE in terms of our internal viewpoint and consciousness. We are about the size of a ping-pong ball or smaller. This means we can only experience a single chakra at a time as we travel within our being, due to the limitations of our size. Without a degree of mastery, which the normal person usually does not have, it is difficult if not impossible to travel at will, from one center to the next. In the completed fifth dimensional viewpoint, we are expanded to a size larger than our physical body. This allows us to experience all of the previously separate centers, simultaneously...

There is a physical center within your physical body that is the point where the third and fourth dimensions meet and pass through each other. It is the point in the center of the chest where you find an indentation. Its color is green. Within the color green we are looking for the most central shade. In our meditation it helps to have a physical location and a color to visualize. It is also associated with middle C, for a sound reference.

There is a natural point of existence within you where you are balanced at your very center. This means you are viewing the outside from the very center of yourself. This place is the physical place mentioned above at the center of the chest. (heart center)

We cannot see all of the higher vibrational globes contained in the 4d environment because they (figuratively speaking) reside behind, or within us in vibration. We could, by facing inward, see the 4d globes, but this would not help accomplish our goal of achieving a 5d viewpoint. This meditation technique is to help us identify where the starting point is. If we can identify with our heart center at the sternum, and the color green, this

should help us find the correct placement.

This portion of the excerpt will be devoted to the beginning level of Meditation techniques. We will start by concentrating on "opening" and warming up the "Heart center" located in the middle of the chest at the sternum, and not the actual area where the physical heart is located. (Feel for the indentation located between the breasts).
We need to learn and practice these beginning techniques on a daily basis to prepare us for the more advanced Fifth Dimensional Meditations later on, which are absolutely necessary to progress in this course. (It shouldn't take more than five minutes a day to soon become proficient).

A centering process has to take place to bring you into the heart center. This can be accomplished through stimulation of the heart center by rubbing it in a circular motion with the finger tips of one of your hands. (I use a counterclockwise motion, but you might find clockwise better for you?) Do this until you can feel some heat begin to generate there. It might also help to visualize a middle, to light green flower that is opening. (With practice this center can feel quite warm if not hot. If you do not feel warmth right away, this is OK. It will come with time.)

Our goal is to maintain an open heart center on a permanent basis whether we are in meditation or not. Something to look for is the warm feeling in your heart center that will be with you from now on. Use this warm feeling when you relate to others. It is called love.

This concludes this excerpt.

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Next Excerpt

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Twenty Three

FIFTH DIMENSIONAL MEDITATION
"EXERCISE TWO"

In the last Excerpt we saw that by relaxing back, we could move into higher levels of vibration. Each center we relax back into has a counter-balancing center. An expansion takes place that eventually encompasses the entire body as we back out of the center at the top of the head. At that point we realize the sixth dimensional void. Although we have been realizing the expansion of the fifth dimension, when we pull back into the void of the sixth dimension we are surrounding what is now the seventh dimension. This may seem strange at first, but it is easily explained. The differences in dimensions is how we perceive them. Remember that we are looking at something that is complete, from an incomplete view point. As our viewpoint improves, we are able to experience more dimensions. The 5d is only the 5d as long as we are INSIDE of it. We can transcend it by going to the next more complete dimensional view point, in this case, the 6d. Since the 6d is the universal void that surrounds everything, we have a view of the

completed outer shell of our God body (the 7d) which was not available to us before.

As we progress in our meditation, we need to heal up some of the third and fourth dimensional damage that has accumulated at the various centers (chakras). We always begin our meditation at the heart center because it centers us and allows a balanced expansion. The heart center in most people, is full of pain and disappointments. It is the center of relationships. It is through this center we share our love with others. When we experience pain through broken relationships or death of loved ones, this center has a tendency to shut down rather than go through the natural grieving process that keeps this center healthy. When this center shuts down it locks the pain away as though in a feeling proof vault, by freezing time. The end result is that this person no longer is able to love or participate fully in any relationship. The reason people allow this center to shut down is for the obvious reason of not wanting to feel the pain. There is an inordinate fear of opening this center and having to unfreeze those moments that have been waiting all of this time to be felt. The pain felt there was never as bad as it was thought to be, and usually dissipated in a matter of seconds. Sometimes there was grieving but it only lasted a short time, soon to be replaced by the joy of being able to feel love again.

After gaining verbal permission to open the heart center, I first open my heart center by energizing my right hand and pointing my fingers into the area of the sternum at the center of my chest. I make an opening motion by slowly widening my fingers. As this center opens I can feel warmth begin to radiate out from it. I switch hands, holding open my heart center with my left hand, and with my right hand I repeat the procedure with the person I am working on. It is not necessary to physically touch them. I make a note of how my heart center feels, and compare it to the way it feels when I open the other persons heart center. Usually I feel varying degrees of pain, from a mild sting, to pain that has put me on the floor. Typically I feel something wedged into the center of their heart center (this is not the physical heart) It is like frozen energy that varies in size from a tooth pick to

an ice sickle. It is usually either clear in color or black.

I know that what ever I am feeling they are feeling at the same time. I will verbally confirm this by describing what I feel and see. Next I will ask permission to remove the frozen energy. I have never had anyone say no, although some were reluctant. Next I will, with my right hand, take a hold of the tip of the frozen energy with my finger tips and slowly pull it out of the heart center. Other clairvoyants while watching the procedure have described what the object looked like as I pulled it out, which usually matched my earlier description. I would also concentrate on feeling and seeing the object and the pain moving out of both my heart center and theirs at the same time. (remember that I duplicated their pain in my heart center)

Once the object was externalized I would feel the absence of pain in my heart center, and know that the same thing happened for them. I would dispose of the frozen energy by flinging it down towards the ground, and seeing it vaporize in a white flash in mid air. Next I would generate feelings of love in my heart center and transfer it to their heart center. I would intensify this by radiating loving energy from the palm of my right hand in close proximity to their heart center. I would confirm and explain each thing as it transpired, and make sure that they understood and confirmed it back to me. I would stay in touch with them for a couple of days by phone and Empathically (I would stay in touch with how their heart felt by how mine felt). I would tell them that there might be some grieving, but this was a good thing and not to worry.

In order to go to the next level of meditation, we need to clear our heart centers. We can do this by using the procedures above, only upon ourselves. I would suggest stimulating your heart center everyday. I have literaly worn holes in a couple of my t-shirts doing this.

This concludes this Excerpt. Next time we will examine in detail the techniques and results of opening up the throat and top of the Solar Plexus centers.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Twenty Four

FIFTH DIMENSIONAL MEDITATION
"EXERCISE THREE"

In the last Excerpt we examined some techniques for opening and clearing the "Heart Center". In this Excerpt, we are going to learn how to open the "Throat Center" and "Upper Solar Plexus Center".

Our primary goal (as our TTO) is to come here to the third dimension from outside of time, and to be able to manifest here in full consciousness in accordance with the intent of the "Universal Mind". Along the way we will discover simple remedial techniques, not previously available, that can be use by everyone right away. Some of these techniques might easily overcome seemly unapproachable human conditions. From time to time I will point out some of these remedies as, and where, they occur in each Excerpt.

The "Throat Center" and "Top of the Solar Plexus Center" are polar opposites. In a normally operating person, the Throat Center is dominant. This produces a nice blissful feeling of well being in the solar plexus area.

In people who are fearful, angry, or anxious, the Solar Plexus Centers have become dominant, which produces fear, anger, and anxiety. This is why people who suffer from this problem, have difficulty speaking when they are afraid. They become choked up with emotion. Reflux (stomach acid backing up to the throat) is a physical symptom of this condition. When they are angry, they find themselves saying things that they would never normally say, often causing irreparable damage to relationships with friends, co-workers and loved ones. If this anger is channeled down to the lower centers, then physical violence might occur. (The pharmaceutical companies are getting rich producing chemicals to mask this out of balance condition.) The obvious remedy, then, is to re-establish the proper relationship between these two centers.

ADDITIONAL MEDITATION TECHNIQUE

- Start the meditation by placing your dominant hand over your Heart Center at the center of your chest. (Your Heart chakra is not found at the actual heart area. It is instead located at the indentation at the center of your chest at the sternum, and extends out to about the size of a ping-pong ball in the average person.) Rest it there firmly until you feel warmth being generated. (Visualize a green flower opening).
- Next, place your other hand over the top of your solar plexus until you can feel some warmth there.
- Next, with your dominant hand gently tap your throat center (just below the Adams apple) this is to wake it up.
- Next, make an opening gesture with your finger tips at the throat center. As you slowly widen your fingers, feel the increase of energy there. (Visualize your throat center as a blue flower opening up.)
- Next, switch hands and, while holding your throat center open, make an opening gesture with your finger tips at your upper solar plexus, (just above the navel), visualize your upper solar plexus as a gold

(men) or pink (women) flower opening up. Also look for nice tingling feelings in both your throat center and the top of you solar plexus.

- Continue this until any feelings of fear, anger, or anxiety have subsided. If you have a lot of fear or anger or anxiety, you might want to repeat the meditation whenever you can through out the day until the feelings subside and are replaced by feelings of well being.

This may sound silly, but it helps to talk to your solar plexus. This is where your "inner child" lives. If you have chronic anxiety, then this would be a good technique to cultivate. While rubbing your upper solar plexus, say something like this: "I am here now and everything is alright. You don't have to worry, I am in charge now and I will take care of everything." Feel that part of you relaxing in trust. Another variation of this is to pat your solar plexus and say over and over, "You are a good boy (girl), I am here now, everything is alright." This should greatly reduce the level of anxiety or fear.

This concludes this Excerpt. Next time we will examine in detail the techniques and results of opening up the Mouth and Bottom of the Solar Plexus centers.

--END--

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Excerpt Twenty Five

FIFTH DIMENSIONAL MEDITATION

"EXERCISE FOUR"

The center at the mouth is a window to Sagittarius, (Indigo), which represents abstract power (hidden or behind the scenes) and spirituality. Its counterpart, located at the lower solar plexus, is a window to Leo (Bright yellow) as raw courage and abstract intellect (general rather than specific). Courage, without a sense of spirituality, can degenerate into foolhardy or destructive behavior and even rage, and therefore spirituality must lead. Spirituality without the courage to take action, leads to physical inaction.

To balance these two centers is to expand the fifth dimensional heart center from the mouth to the lower solar plexus.

In the meditation that follows, and all of the 5d meds thereafter, we need to do something called "observing the paradoxes". What this means is we need to learn to do two things at the same time during meditation. Namely, "exertion" and "relaxation".

First a little background for why this is necessary, and why the meditation is designed in this way. Our primary concern is how to achieve the first levels of Cosmic consciousness found in the Sixth dimension and at the same time maintain a basic level of Christ consciousness found in the Fifth dimension. As was mentioned in an earlier Excerpt, the difficulty of progressing through the 5d on our way to the 6d, is getting trapped inside of Christ consciousness. There is a "law of order" in realizing God consciousness. That law states that Cosmic consciousness must be in place before Christ consciousness. The traditional method is to attain levels of Christ consciousness in the 5d, and work through them for a period of time, which can consume many lifetimes. (For most this is an impossible task.) Eventually 5d Christ consciousness is transcended in favor of Cosmic consciousness. This allows the re-emergence of Christ consciousness through the 7d, which is the first level of God consciousness.

The question then becomes, how do we get through the 5d without getting trapped inside those levels of Christ consciousness? One answer is to transcend the 5d through the accumulation of balanced pairs of chakras. This raises additional questions of where to start, and which centers balance each other?

In TT methodology, there are two necessary operations that need to be observed, they are first, the necessity of starting at the very center of our being, and secondly, the necessity of activating paired polar opposite chakras in a certain definite order. The reason we need to activate paired chakras that each pair of polarized chakras neutralize one another, resulting in an accumulation of chakras resulting in the expansion of the indwelling self. (The indwelling self is usually about the size of a ping-pong ball in most people.) In other words, by using this method, we can effectively move completely through the fifth dimension by expansion of the indwelling self, to exceed in size the physical body, and exit the 5d into the 6d, without having to experiencing 5d Christ consciousness. This is the result of neutralizing the effects of the 5d through observing the paradoxes of balanced chakras.

we start at the Heart center because it is the vibrational middle of the color spectrum (green). It is then a simple matter of moving one level at a time away from the center (both up and down the color scale), which results in matching, for example, the first set of polar opposite pairs, the Throat chakra (blue) and Upper Solar Plexus chakra (dark yellow or pink). Next we pair the Mouth (indigo) and Lower Solar Plexus chakras (bright yellow). Next we pair the Third Eye (purple) and Splenic (orange) chakras. Next we pair the Crown (violet) and Pubic (dark red) chakras, and finally we pair the Top of the Head (ultra violet) and Coccyx (infrared) chakras.

Obviously this could not work with the old seven chakra system now in vogue.

MEDIATION

- We start by first warming up the heart center, as described in earlier meditations.
- Next, we extend our meditation by falling or relaxing back one level (floating up or inward) to include the throat center, while, at the same time, moving outward in effort (pushing outward or down) to include the upper solar plexus, as described in the last excerpt. This dual motion of inward (relaxation or opposite of trying) and outward (effort or trying) is something that needs to be mastered for the 5d meds to be of any significance.
- Next, we stimulate the mouth center by toning the note of MI. As we sound the note Mi (ME) feel the resonate vibration reflect into the upper and lower solar plexus. This is a natural result, and should produce anything from good feelings to bliss in the solar plexus region. This is also good for calming anger. (Singing or whistling has long been used for calming fear.)

You can experiment with toning if you care to. DO vibrates the heart center. Descending scale, DO, TI, LA, where TI vibrates the upper solar plexus and can be used in conjunction with that meditation, for calming anxiety and fear. (Below is a chart showing the various tones and the related centers.)

ASCENDING SCALE

1. DO - HEART
2. RE - THROAT
3. MI - MOUTH
4. FA - THIRD EYE
5. SO - CROWN
6. LA - TOP OF THE HEAD

DESCENDING SCALE

1. DO - HEART
2. TI - UPPER SOLAR PLEXUS
3. LA - LOWER SOLAR PLEXUS
4. SO - SPLENIC
5. FA - PUBIC
6. MI - COCCYX

(You can actually feel these individual centers vibrate as you tone.)

Once you feel that the fifth dimensional heart center is open from the mouth to the lower solar plexus, visualize it as a powerful and bright shining and radiant white light that others can sense. Feel its radiance and increasing warmth easily melt your problems and illness away. Feel and see its healing effects upon you and all of those around you.

This concludes this Excerpt. Next time we will examine in detail the

techniques and results of opening up the Between the eyes and the splenic centers.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Twenty Six

FIFTH DIMENSIONAL MEDITATION

"EXERCISE FIVE"

The centers we will open in this Excerpt are the "Between the Eyes Center", also called the "Third Eye", (located, oddly enough, between the eyes), and the "Splenic Center", (called this because of its supposed association with the spleen), located between the lower Solar Plexus and the Pubic Center. The color of the Between the Eyes Center is purple. It is the center of will-power and concentration. People who use this center are noted for their tenacity and focus.

The color of the Splenic Center is orange. It is the center that produces our physical life force. It has been mistakenly called the Sexual Center because of spontaneous orgasms experienced by women when it is opened by practitioners after a long period of being closed. This center is responsible for physical vitality, and when shut down, forces the individual to substitute sexual energy. This in turn causes marital problems such as "Business mans impotency", and hyper activity in women. The vital orange

energy give a person a zest for life and a desire to actively participate. The problems that occur when this center is not balanced by its counter part (Third Eye) are manic in nature. By this I mean, a person will exhibit various levels of having to constantly do something. When left unchecked, it can result in nervous disorders, such as A.D.D, and manic behavior.

Orange energy, when used by a balanced person, provides a nice endless energy that is almost invisible. In other words, it is not hard on the nervous system, while being wonderfully effective. Many women purposely shut this center down in the work place for reasons of professionalism. This forms a sort of sexual chastity belt which consequently adversely affects the sex life of a large number of women.

The counter part to the orange center is the purple center at the Third Eye. The over use of purple energy can give rise to anything from extreme seriousness and intensity, to mood swings and melancholia.

In this meditation, we will learn to properly combine these two centers to form an ideal combination.

MEDITATION

(REVIEW)

We start by first warming up the heart center, as described in earlier meditations. Next, we extend our meditation by falling or relaxing back to include the throat and the upper solar plexus, as described in excerpt 24. Next, (Excerpt 25) we stimulate the mouth center by toning the note of MI. As we sound the note Mi (ME) feel the resonate vibration in the lower solar plexus. This is a natural result, and should produce anything from good feelings to bliss in the lower solar plexus.

Next feel that the fifth dimensional heart center is open from the

mouth to the lower solar plexus, visualize it as a powerful and bright shining and radiant white light with a slight golden tint.

ADDITIONAL MEDITATION TECHNIQUE

Next, tap the spot between your eyes to wake it up. Do this with your eyes closed. Visualize a point of white light directly in front of you. When you have done this, gently massage the orange center until you feel both centers blend into and extend the heart center from the third eye to just above the pubic center.

The results of this meditation are very subtle and increase over time. It will safely give you access to focus and tenacity, while also infusing you with boundless but easy (almost invisible) energy. You will gradually feel an intensification of bliss and love. (Love is shared bliss)

The more you do the meditations, the more dramatic will be the results. This soon becomes very noticeable in the residual effects as you move through your daily routine. It will take the form of intensified interaction with others, and noticeably increased energy. (Some people might experience excess energy (and possibly some problems sleeping) in the beginning, but this will normalize in a week or two)

This concludes this Excerpt. Next time we will examine in detail the techniques and results of opening up the Crown and Pelvic centers.

--END--

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Excerpt Twenty Seven

FIFTH DIMENSIONAL MEDITATION

"EXERCISE SIX"

In this Excerpt we will examine a technique for achieving the addition of the paired Crown and Pubic centers to our growing list.

We are rapidly approaching the end of the Fifth Dimensional Meditations. In order to progress beyond these into the next level, we need to master the meditations as presented. There comes a time for us when we must decide whether we are serious about what we are attempting to do here. If we are not serious in our intent, then there will be a tendency not to take the meditations seriously as well. You can tell if this is happening to you if you find even the most frivolous demands of the 3D world more important than making time for the meditations. I mention this because it is a subtle form of drawing you back into the karma of the third dimension, and back to sleep. If you really want to awaken and break out of the hard 3D egg shell in which you are imprisoned, then you must fight for it with all of your strength to crack that shell and emerge into the universal light. A

lackadaisical effort will yield a lackadaisical result. Remember that if this was an easy task, we would all have done it eons ago.

The "Crown" chakra is known as the thousand petaled lotus. It encircles the head like a band crossing the forehead area. Access to this center opens tremendous levels of clairvoyant knowledge, power and abilities, not the least which is the transmutation of sexual energy into a creative force.

The sexual chakra ("Pubic" center) is renowned for its potential problems, if left to its own devices. These two centers when merged and brought to full capacity, have produced many dark wizards of old (and new.) When merged with all of the other centers, they become a power structure for transmuting sexual energy into the spiritual gold of the true healer.

MEDITATION

(REVIEW)

We start by first warming up the heart center, as described in earlier meditations. Next, we extend our meditation by falling or relaxing back to include the throat and the upper solar plexus, as described in excerpt 24. Next, (Excerpt 25) we stimulate the mouth center by toning the note of MI. As we sound the note Mi (ME) feel the resonate vibration in the lower solar plexus. This is a natural result, and should produce anything from good feelings to bliss in the lower solar plexus.

Next feel that the fifth dimensional heart center is open from the mouth to the lower solar plexus, visualize it as a powerful and bright shining and radiant white light with a slight golden tint. Next, tap the spot between your eyes to wake it up. Do this with your eyes closed. Visualize a point of

white light directly in front of you. When you have done this, gently massage the orange center (located in the front of the body, between the lower solar plexus and the pubic center) until you feel both centers blend into and extend the heart center from the third eye to just above the pubic center.

ADDITIONAL MEDITATION TECHNIQUE

Next, with eyes closed, place both palms of your hands on the sides of your head just above the temples. Feel and see the energy from your hands stimulate this center. After a moment, slowly move your hands away from your head to a distance of between 6 to 12 inches depending on what feel best for you. As you move your hands slowly away from your head, feel and see the energy within the crown center begin to glow and vibrate. Feel the power hidden there begin to come awake. Once you have done this to the best of your ability, feel the counterbalancing force of the sexual center begin to vibrate. Rather than feeling sexual, it should blend in with the other centers in the form of radiant power and good feelings. If you are not feeling anything, make sure that you are spending enough time opening each center, (see previous meditations) especially that your heart center is as warm as you can make it. (A circular or light scratching motion at the small indentation at the center of your chest will help warm this chakra up)

This concludes this Excerpt. Next time we will examine in detail the techniques and results of opening up the top of the head center and anal center.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Twenty Eight

FIFTH DIMENSIONAL MEDITATION

"EXERCISE SEVEN"

This is the last in the series of Fifth Dimensional Meditations. The Excerpt after this one will take us into the pure sixth dimension.

REVIEW

I feel that another review is in order to make sure we are ready for these last few steps in this section. We are multi-dimensional beings in the transitional phase. This means we are not yet what we will be. We have been experiencing a level of reality that is far less than we are capable of experiencing. There is nothing wrong with this level. It is very much like a play pen or safe area for children . Children are not yet what they will be. They experience a level of reality that is far less demanding than that which they will experience in adulthood. We put them in play pens for their own

safety, however, there comes a time when the child outgrows the play pen and is ready for greater levels of experience and responsibility.

The difference between the reality we consider "normal", and a multi-dimensional reality, is capsulated as follows: In a normal reality, we experience time as forward motion in the form of instantaneous time slices. We are usually denied access to previous or future existence. In multi-dimensional reality, we experience time as a universal now, where everything that ever happened, or ever will happen, is happening all at once. This is not confusing to us in a multi-dimensional reality, because these myriad separate events are homogenized in a very wonderful way that promotes a perfection of being.

In our normal 3D existence we experience life in a segmented fashion, like individual frames on a roll of film. When we die, we experience our 12 bodies, each in turn, as it each lives out its life and dies. We ascend in ever higher octaves of vibration, until we finally shed the highest vibrational body, only to find ourselves back in physical reality as a new born baby, bereft of our previous memory.

In multi-dimensional reality, we understand, (because we exist in full consciousness), that all experience (including birth and death) goes on un-noticed within and beneath the surface of the unified self, very much like the renewing cell structure in our physical bodies goes on un-noticed by us. We are literally a composite of eons of 3D lifetimes. Each lifetime is a miniature experience, necessary as a tiny part of multi-dimensional reality. We can think of each lifetime as a piece of a large puzzle. Each piece is relatively insignificant as compared to the completed puzzle, but very noticeable and conspicuous if missing.

We are structured in such a marvelous way that out of virtually unlimited possibility, we experience only exactly what we are ready for. Our belief structures dictate precisely what our realities will be at any given moment.

Wherever we find ourselves in the unbounded possibilities of creation, we have at our command equal access to multi-dimensional existence. It is always right there ready for discovery. The steps necessary to achieve it are exactly the same for everyone. It is my hope that by outlining and practicing these steps we may clarify a viable and easily accessible path to multi-dimensional freedom, which others may follow if they choose to pursue it.

MEDITATION

(REVIEW)

We start by first warming up the heart center, as described in earlier meditations. Next, we extend our meditation by falling or relaxing back to include the throat and the upper solar plexus, as described in excerpt 24. Next, (Excerpt 25) we stimulate the mouth center by toning the note of MI. As we sound the note Mi (ME) feel the resonate vibration in the lower solar plexus. This is a natural result, and should produce anything from good feelings to bliss in the lower solar plexus.

Next feel the heart center opening from the mouth to the lower solar plexus, visualize it as a powerful and bright shining and radiant white light with a slight golden tint. Next, tap the spot between your eyes to wake it up. Do this with your eyes closed. Visualize a point of white light directly in front of you. When you have done this, gently massage the orange center (located in the front of the body, between the lower solar plexus and the pubic center) until you feel both centers blend into and extend the heart center from the third eye to just above the pubic center.

Next, with eyes closed, place both palms of your hands on the sides of your head just above the temples. Feel and see the energy from your hands stimulate this center. After a moment, slowly move your hands away from your head to a distance of between 6 to 12 inches depending on what feel

best for you. As you move your hands slowly away from your head, feel and see the energy within the crown center begin to glow and vibrate. Feel the power hidden there begin to come awake. Once you have done this to the best of your ability, feel the counterbalancing force of the sexual center begin to vibrate. Rather than feeling sexual, it should blend in with the other centers in the form of radiant power and good feelings. If you are not feeling anything, make sure that you are spending enough time opening each center, (see previous meditations) especially that your heart center is as warm as you can make it. (A circular or light scratching motion at the small indentation at the center of your chest will help warm this chakra up.)

ADDITIONAL MEDITATION TECHNIQUE

Find a spot at the very top and center of your head. By massaging this spot you will activate this center. This is the Prudent body responsible for controlling the energy flow through all 12 bodies. The prudent body, if malfunctioning, can produce inordinate fear and mental disorders such as paranoia. It also, in conjunction with the upper solar plexus, can set off anxiety attacks and bouts of reflux. (acid from the stomach backing up into the throat)

This body, when working properly with the other 11, becomes what is called a conscience. It is counterbalanced (as its polar opposite), with the physical (meat) body whose center is called the Coccyx or Anal center, located as where the name might indicate. The physical body by itself, is bereft of even a personality. Without the benefit of the higher bodies, the physical body is concerned only with bodily functions. You probably know people who are overly preoccupied with their physical bodies. They usually have nick names like "Meat" and "Vanity".

We have seen each pair of polarized bodies as we have progressed through the meditation, but this polarity, of the Prudent and Physical bodies,

is particularly unique in that both bodies interface with the void. The physical body interfaces with the outside 3D world. It is a physical boundary that keeps you from spilling out into space. The prudent body also interfaces with space, but it is with "inside" space that is found to reside inside of your 12 bodies as "inner space", a place separate from, but occupying the same space as physical form. In other words, it is a place in the same space as you occupy now, but as space where you do not (cannot) exist. When we observe the three dimensions of outer space plus the three dimensions of inner space, we have the Sixth Dimension, which we will examine in detail in the next Excerpt.

As was mentioned before, by massaging the "top of the head center", it can be activated. There is a high pitched whistle associated with this center. You may or may not "hear" this whistle. You may also feel a localized pressure or energy at the spot at the top of your head.

Once you feel that you have sufficiently stimulated this center, become aware of the anal center. This will sensitize your physical body. The net result we are looking for is to expand the heart center to completely engulf the 12 bodies, extending from the most inner and highest vibrational to the most outer and lowest vibrational body. This is the completed Fifth dimension. Please do not look for anything spectacular to happen at this point. You may or may not feel any different. This doesn't matter. There is nothing we want to use here at this time. The Fifth dimension is the heart of the physical structure and is meant to be transcended in tact. We have not reached the point of "no return" yet, and even at this greatly expanded state there is a danger of falling back in the form of the "Savior Complex". In fact this is the most dangerous point, in this regard. Remember that the Fifth Dimensional Meditation is designed to access fifth dimensional Christ consciousness without being trapped within it. The result is truly the difference between the covered wagon and the jet plane. The importance of putting off Christ consciousness until at least the Seventh dimension is fundamental to TT principles.

This concludes this Excerpt. Next time we will step out into the pure Sixth Dimension.

--END--

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Excerpt Twenty Nine

SIXTH DIMENSIONAL MEDITATION

"EXERCISE ONE"

In this Excerpt we are about to leave the Fifth dimension altogether. In order to do this we must be willing to leave behind much of what we consider as being human. This step will separate the ones of you who are ready to go on and those who need more life times to complete your karmic debts.

We have experienced the fifth dimension as a viewpoint that expands both internally and externally in balanced vibrational polar opposites. Before we started the 5d series of meditations, we experienced our bodies as a golf ball sized center of energy. This limited our experience to a single center at a time. At the conclusion of these meditations we have expanded to encompass the entire body. The composite fifth dimension exists in time and space as our heart center. It is not meant to be lived in as such. We are only half way in our journey. We need to proceed on into the blackness of the sixth dimensional void, for out of the blackness comes the light.

MEDITATION

We can access the 6d by performing the fifth dimensional meditations. In the last Excerpt we reached a place where we were expanded from the top of the head center (which resonates with the inner most and highest vibratory body), to the anal center (which resonates with the outer most and lowest vibratory body) Once you have reached this expanded state, the next step is to back out into the space within your being, while moving out into the physical space around you. It means completely letting go of your physical form internally while at the same time expanding out beyond your physical body. This allows you to experience existence from outside of your form.

As you expand beyond the confines of your composite fifth dimensional body, you realize that you are looking at yourself from the out side. However, this outside includes the extreme inside where form no longer can exist. In other words, you realize that there is a void in the very space you occupy. There are three dimensions of outside space and three dimensions of inside space existing as polar opposites. Suspended in-between this composite space is what you call your physical form. As you look at it you see it has changed and is no longer the fifth dimension, but has metamorphosed into the seventh dimension. It was the 5d as long as we were expanding within it. This is the nature of the 5d viewpoint. The 6d is one more dimension added on the the 5d. Its nature and view point is from the composite outside. As we begin to interact with the former 5d, we realize that we cannot re-enter the form, but must operate it from the 6d. This gives us a permanent buffer that will keep us from falling back into the 5d. In other words, by controlling the 5d from the 6d, the 5d becomes an additional dimension or the seventh dimension. This is your "Stellar Body", the physical vehicle for your soon to arrive Future Self.

SEVENTH DIMENSIONAL EXPECTATIONS

The first thing we notice about the 7d is that it comes from within the center of our being. It is a brilliant white that is expanding or shining out through us into the void. It has a crisp and clean crystalline feeling and appearance, and is the source of consummate bliss. There is a fine line that must be observed between being drawn into the bliss only to wind up back in the 5d, and maintaining the non-caringness (another kind of bliss) of the 6d, while learning how to operate in this fashion. The change is subtle and natural. As the bliss increases day by day, we will need to put it in motion out to others in the form of love. This is the golden eight dimension.

This concludes this Excerpt. In the next Excerpt we will delve more deeply into the interaction between the sixth and seventh dimensions.

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Next Excerpt

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Thirty

SIXTH DIMENSIONAL MEDITATION
A REVIEW

Here in the 6D we have reached a natural barrier to progress. In order to proceed on into the seventh dimension we need to be done with the 5D and all of its individual component parts. We are learning on a three level tier, i.e. knowing-ness, being-ness, and doing-ness. The knowing-ness part is the information you have accumulated through countless life times of hard work, and augmented by the Excerpts to help bring the essential points to your present physical mind in this time period. The doing-ness part is your taking action to make change an active part of your daily life. The being-ness part are the rewards you reap for all of your long labors, as you forever become more wonderful and beautiful and powerful!

From a larger perspective, we are following the path laid down by the original creative consciousness (I choose to call my TTO) as it made its way from the primordial cradle to where you stand now and beyond. There was a time that consciousness transcended time and space, and realized that there

was only one consciousness manifesting in all of time and space, through all created form. It realized that all experience belonged to it! That it was the creator and the created. There came a blinding flash of realization that united all consciousness and form wherever it may reside in existence. No matter how removed or corrupted the form and entrapped consciousness had become it was found and guided into perfection. No one is lost, and this most certainly includes you!

The most important element in all of this to that founding consciousness was the quality of free will. Consciousness realized that it was duplicating itself through an infinite variety of individualized experience, and in order for it to manifest in its special uniqueness, it had to be free to choose the time and place it would eventually be set free to merge with the perfected collective.

This time and place would naturally occur when the individual consciousness was willing to transcend its physical form in perfect faith and trust that there was a higher power leading and guiding it through each life time and each experience until it stood at the brink, face to face with the void, willing to fall like a child into the loving arms of a parent, knowing that very close, just beyond the void, was the face of God, and that somehow it was YOU!
We are about to usher in "Heaven on Earth"! It will happen just as fast as you can stand it. Or just as slowly as you want it to be. It doesn't have to happen in this lifetime or in a thousand lifetimes if you don't want it to!

Almost all of the work we are doing is a letting go of preconceived ideas of who we are. If you are too afraid to let go, then perhaps it will not happen in this lifetime for you. You will not know if others have re-entered the Garden of Eden or not because your perception will not allow you to be where they are. If you choose to continue to live in illusion then illusion will be your reality. The universe creates your illusions to form fit your consciousness. Your life and everything in it is exactly what you have created according to your belief system and the quality of being you choose

to manifest. Illusion is absolute! Anything you choose to believe to preserve your illusionary world will spring forth as unwavering proof that you are right. Such is the absoluteness of illusion.

Remember that nothing is impossible! If you allow miracles into your world, then miracles will happen!

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A COURSE IN TIME TRAVEL

Excerpt Thirty One

SIXTH DIMENSIONAL MEDITATION
"EXERCISE TWO"

Part of the sixth to seventh dimensional transitional work we must do is to balance the future/past into a unified NOW. Many people spend a terrific amount of time either in the future or the past. In conversation they will tell you about their day or their week or how it was in 1942. Other times people will give elaborate and detailed plans about how they are going to look or be or have in the future. Very few people are right here in the now with you. You might be aware of your own tendency to drift into the past or future. There is nothing wrong with this, because we need to learn from the past and plan in the future, however because of our desire to progress beyond "normal" 3D existence, it has become necessary for us to learn to function from the six dimensional "now".

The 6d "now" transcends time, and yet allows us access to the future and the past at the same time as a universal "now". This is part of the awakening process. Our goal is to travel from all time to the present. This is

why it is called time travel. To accomplish living in the "now" takes a good deal of effort and practice. You cannot access the enlightenment and bliss of the seventh dimension (and beyond) unless you have mastered how to be in the NOW! Those of you who are already making efforts to stay in the "now" are most likely aware of the deadening effect people who are not in the "now" have upon you! This can be avoided by using the detachment of the 6d. In other words, instead of allowing a person who is chronically in the past/future to pull down on your consciousness like an anchor, there is a technique you can use. When confronted by a 3D future/past person, let them wander in time, but don't allow yourself to wander with them! In other words, observe what they are doing as a study of what not to do. Stay in present time at all costs. This will allow you to see where people are in time. I think it may amaze you! (The power to accomplish is in the present!)

MEDITATION

Start by doing a complete 5d meditation. (If you have been practicing, you should be getting good at this!) Once all of your centers are vibrating, begin the 6d meditation by transcending the 5d and accessing the 6d void. Once you feel a sufficient detachment from your 5d form, center your consciousness in the now. Float in present time. Detach from the chatter of your mind. Detach from the urgency of your emotions. Focus upon objects in your environment. Listen to yourself breath. Look at your hands. Avoid thinking or making judgments. Go outside and look at a tree or a plant, avoid thinking what kind of tree or plant it is. See it as unique and as a living thing that is here in the NOW with you! If you have an animal look at it, not as a cat or a dog or as Fluffy or Duke, but as a living thing that is here in the NOW with you.

Be aware that you are alive and aware. If you encounter another person, see them as a living being that is here in the NOW with you. They may ask you what is wrong? Smile and stay in the meditation. Do this

meditation only for a few minutes to start with, but do it at least once a day! Then gradually increase the amount of time.

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A COURSE IN TIME TRAVEL

Excerpt Thirty Two

SIXTH DIMENSIONAL MEDITATION Cont.

"DISCUSSION"

The sixth dimension has several levels to work through, just as we have seen in previous dimensions. The 6d and 7d have long been sought after in the Eastern metaphysical disciplines. These are known as the Buddhic and Nirvanic planes respectively. Many advanced Yoga techniques are devoted to attaining these goals, and the reasons and techniques were wonderfully covered by Patangali in the Yoga Sutras.

However, the problem with these techniques is they are very time consuming and difficult. They were not designed for the modern Western mind. We like fast and easy! We also like SAFE! That we need to take the trip is not in question, but why take a covered wagon when we can take a jet? Almost all of the work that is to be done by us in achieving the 6th and 7th dimensions entail letting go of attachments and misconceptions on other dimensions, while at the same time maintaining the foundations of those

dimensions. It is important to remember that we need to transcend each dimension while at the same time retaining it! This is the formula for the successful accumulation of each dimension rather than simply transcending them through detachment in stair step fashion.

In order to obtain the serenity of the 6d we must change or eliminate some of the preconceived ideas found in the 5d. In addition to this, we must thoroughly let go of the emotional attachments found in the 4d, and last but certainly not least, we must modify the 3d habit of having to DO something every minute. If we look closely, perhaps we can find a common denominator which underlies the reasons why we are saddled with these impediments to begin with. Finding such a common denominator might easily compress our chore of attaining the 6d, into fast and easy (and safe)! That common denominator, as you might have guessed, is FEAR! (For those of you who thought boredom was the common denominator, boredom is usually just the result of being afraid to try something new.) Most of us are afraid of something, and some of us are afraid of everything. We have good reason to be afraid, we live in a very scary time and place! Our mind may tell us that we are not afraid, or our pride might not allow us to believe we are afraid, but down deep we all fear something. Our biggest fear is usually the fear of the unknown. If we encounter something that is unknown, our imaginations can run rampant, often producing unreasonable fear. We are walking down a dark street and we hear an unfamiliar noise, we will most likely become fearful. How can we overcome this fear of the unknown? One obvious way is by simply making it known. Afraid of the dark? Turn on the light and usually the fear goes away. A strange noise on a dark street? We see a dog rummaging in a trash can. No more fear. Likewise, by examining the 6d void and becoming familiar with it, hopefully most of our fear of it will gradually be eliminated.

We have reached a point in our studies where, afraid or not, we must venture into the void. This is very scary for most of us! It fills us with dread, but in order to proceed, we have to master it! Some of us might get the same feeling as if someone has asked us to jump off of a tall building. No manner

of reassurance is going to temp you! Even if the person asking you to jump has jumped off of the building many times with impunity, or thousands of people have jumped right before your eyes and landed safely, you are still going to have some questions! What if it works for them but not for me? What if this is just an illusion or a delusion? What if. . .what if. . . what if. . . To continue with the tall building analogy, what if it was explained to you that these people had bungy cords or parachutes? This would put jumping into a different light altogether. You still might not be tempted to jump, but at least you would begin to understand that it is possible to jump and not get hurt. The next level of removing fear might be to convince you that out of thousands and thousands of people who have jumped, there was not one single person hurt! You still might not jump until you found out that jumping was the only way down, and that the building was on fire! Some of us would still not jump, but we might be seriously considering it at this point!

What we are attempting to accomplish is not nearly as dangerous as jumping from a tall building. In fact it is not dangerous at all. There are built in safety factors that prevent us from moving too fast, just as a baby is safe in its playpen, we are exploring the unlimited side of our nature WHEN WE ARE READY! If we are not ready, then we find that we CANNOT DO IT! It is really very simple. Those of us who are ready are gathering together to help each other through our mutual fears so we may enjoy our birthright. We have worked non stop through endless lifetimes to reach this point. Our desire and excitement is far greater than our fear because we have already worked through most of our fear!

What we are doing is much more than mere intellectual speculation or theory. Those of you who are excited and motivated to a point of impatience know what I am talking about. Those of you who are too afraid to take a chance or too lazy to make an effort probably do not belong here! This is a class for spiritual adults who are making final preparations to shed the cocoon and emerge as magnificent God like creatures, so different from what and where they were, as to be practically unrecognizable!

There are those of you who do not know why you are here. You are afraid but you are attracted like the proverbial "moth to the flame"! It is you to whom most of the work here is directed, for I understand your predicament! We are motivated from within our very souls. We have no choice but to proceed regardless of how scary or impossible it may seem. We might be hesitant and clumsy in our first attempts much like we were when we were babies and first tried to walk, but walk we must because it is our DESTINY!

In order for us to begin to live we must first be willing to let go of the fear of dying!

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A COURSE IN TIME TRAVEL

Excerpt Thirty Three

THE SIXTH DIMENSION Cont.

The Sixth Dimension is the great leveler! It is the place where you must stand naked before universal consciousness. You are not able to take anything with you except faith. It is the stem of the hour glass between the past and the future. It is here that not only do you come face to face with the void, but you also become it!

The 6d void can be a place of great joy and adventure, unlike the 1D void, (Primordial First Dimension), which is a place of nothingness and, for a human being, a place of utter dread. We come into the 6d still full of self centeredness and fear. Self centeredness must gradually be replaced with a willingness to share our growing consciousness with other beings through wisdom and balance and unconditional love. A natural balance of give and take. Sharing and yet maintaining autonomy.

We must be willing to replace fear with an unmitigated and consummate faith in a Higher Power! This faith in a Higher Power must never waiver, for in order to let go on such a monumental scale, faith is all

that you can take with you. "I pray only for knowledge of Gods will for me and the power to carry that out."

For some of you the awakening will be instantaneous, for others it will be a slow and gradual happening. It may not all happen for you in this life time. This is perfectly all right! Each life time has led you closer to your goals. This life time has put you on the brink.

Be kind to yourself! "You cannot make a flower grow faster or become more beautiful by beating it." Have fun as you grow, that we may have fun and grow TOGETHER!

This concludes the section on the Sixth Dimension. In the next Excerpt we will examine the 7th dimension and some of the "traps" found there.

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A COURSE IN TIME TRAVEL

Excerpt Thirty Four

SEVENTH DIMENSIONAL TRAPS

In the Excerpts prior to this one, we have been working from viewpoints involving the old self working to allow the new self to manifest. From this Excerpt on, we will be working as the new self resolving the karmic problems found in this incarnation and in this time period, in order to facilitate our further involvement.

Accepting responsibility as a Seventh Dimensional Being is very great, and yet very simple. At this point in our sojourn, we are still neither the old or the new. We are still at the null point between two worlds, however, we are shifting the idea of who we are from someone who is trapped inside of time wanting to be free, to someone who is already free and wishes to manifest here from outside of time. We bring with us tremendous knowledge and power, but it will take time and patience for us to fully realize this. We need to understand that we are now much more responsible for our thoughts and actions than ever before, existing in a kind of "instant karma", where everything you do and think manifests very

quickly. This is particularly noticeable if your actions are negative!

For example, the slightest infraction of any law, whether natural or man-made, will instantly punish you to its very limits, while there are those all around you, who seem to blatantly violate every conceivable law, with impunity! I had an alarming example of this when I was in my early thirties. I was driving too fast around a corner, and skidded when I unexpectedly ran through some water in the street. As a result, I rammed into the side of a parked car. Since I was driving without insurance, and was currently without funds, I deemed it prudent to escape without detection. This all happened on a quiet sunday morning in a quiet neighborhood miles from where I lived. I judiciously disengaged my car from the unfortunate vehicle, and parked just ahead of it. As I got out of my car I noticed several curious neighbors peering out from open doors. I cleverly took a piece of paper and pretended to write a note to the car owner, when in fact I wrote nothing. This enabled me to make a clean get-away.

Not two days later, in the early hours of the morning, someone bashed into the side of my little sports car, parked so innocently on my street, while I slept guilt free in my bed! (I am sure that the person who hit my car was in no way related to the person whose car I had hit, since that accident had occurred in another part of town and in my other car). The damage was ten times as great as the damage I had caused, knocking it clear up onto the side walk! The person who hit my car got away without even having to leave a fake note! Believe me, the lesson was understood . . . loud and clear!

In the 7d, illusion still persists! There will be a tendency to think you have transcended illusion, but this is a mistake. Although we have entered the Nirvanic realms, which is thought of as the ultimate goal by many, it is only just past the half way point for us, and we must use caution to be able to get through this part. There are several traps that can impede your progress that need to be explained.

TRAPS

The two major traps to be aware of are:

- Slipping back into the Fifth dimension while thinking you are progressing in the Seventh dimension.

- Slipping into the Second dimension (white light) in a schizoid break from reality.

The first trap - slipping back into the Fifth dimension, is something that needs to be monitored constantly in the beginning. The reason for this phenomenon is the inadvertent letting go of the 6d. Remember that these dimensions, or view points, are brought together by a process of accumulation. This means we must maintain all of the component parts! To do otherwise is to degenerate into lesser positions in consciousness. In the "Six Dimensional Meditations", we learned that we were forming a "time portal" from which we could await the arrival of our TTO (Time Traveling Oversoul) in order to form the 7d merger. The 6d provides a certain aloofness that prevents us from shifting our center back into the past incarnations ego, (which is in the 5d), and this aloofness or "serenity" must be maintained from now on! The accumulation of an additional dimension, or view point, to realize the 7d depends upon the maintenance of those previously accrued six component dimensions. In other words, especially with the advent of the 7d, it is necessary to maintain a state of not caring about it. This dichotomy is a trade mark of God consciousness! The 7d carries with it emotional capabilities and experience far beyond anything we have ever felt! To care or desire simply prevents the 7d from happening at all, or at the very least, degrades our experience into something far less than 7d. Our ability to not care, and to let go, (staying 6d) dictates how fast we will be able to begin to experience the 7d.

Your goal of preserving the past incarnation ego and working through it with its full knowledge and cooperation, is at hand with the advent of the 7d. In order to do this without falling back into the past is a balancing trick that must be mastered, not an easy task in this lead weighted reality where

everyone and everything seems to exist for the sole purpose of putting you back to sleep! You can attempt to stay awake and aware that the possibility exists for you to degenerate. If you can work with others who are also "waking up", then you can remind each other to stay 6d.

The second trap - slipping into the white light state of the Primordial Second dimension, which we will designate as the "2D", (not to be confused with the 2d, which interfaces with the personality housed in the "Sexual body"), although it is the ultimate goal for many, produces a separation in consciousness that, although temporary, may be difficult to reverse in this lifetime, given the fact that it appears as though something exceedingly great and wonderful has happened! This is the result of a letting go of the component dimensions comprising the 6d, rather than maintaining the accumulation of them! The realization of white light for us is the accumulation of seven separate dimensions brought into one. Although the Seventh dimension and the Primordial Second dimension are very similar in the respect that they both produce a white light state in the consciousness of the seeker, the similarity stops there. The 2D is nothing but white light without any divisions or shades of difference! (Many call this God or Heaven). Returning to the 2D is, in fact, the ultimate returning to the womb, back to the beginning before creation. This may sound like what you have always been seeking, but it seems (at least to me) to be a complete reversal of the "Universal intent", that of manifestation!

What precautions can be taken to prevent this, and how will we know if it has occurred? In the nature of precautions, paramount is the avoidance of desiring the 7d! We learned in the 6d that cessation of desire while working in the world as thought we cared intently, was necessary to maintain 6d serenity. Wanting to experience the "white light" state can set in motion a 2D white light state. This is the state most, if not all, mystics experience when so intently and systematically seeking the higher levels of Nirvana! Solution, is to routinely maintain 6d patience concerning the 7d. Giving up to your TTO means exactly that! It is up to your TTO when and if you will experience the 7d, and whether it will even happen in this lifetime

or not! Desire is a creative tool to be later used by your future self for creative purposes. As a final word, you technically already possess the 7d. All you need to do is a sufficient letting go, for a sufficient amount of time, to realize it. To desire something you already possess invariably has the result of denying it!

Do not expect too much of yourself now, it is common (at least in my experience) at this point to alternate back and forth between the component dimensions of the 7d. Simply be aware of it when you do. By not being overly concerned, this normal, but often disconcerting oscillation will eventually subside. Set aside a little time each day to do the meditation techniques. This will help you stay awake. Remember that you are no longer in control! All that will happen, will happen (has already happened) in "Gods time". We can only be a ready and willing participant.

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A COURSE IN TIME TRAVEL

Excerpt Thirty Five

SEVENTH DIMENSIONAL MEDITATIONS Cont.

The Seventh dimension, as has been said, is the first plateau of God consciousness for us. The 7d gives you access to the first of three God like qualities, being-ness in the form of bliss and enlightenment. The second quality is found in the Eight dimension, universal love and knowing-ness. The third quality is wisdom and power, not found until the Ninth dimension, and is not fully mastered until the Tenth. As amazingly wonderful as these dimensions are as they each are added unto you, you are still ALONE in your universe and subject to delusions in the form of divine paranoia. It is important to remember that whether it looks like it or not, we are all equal! EVERYONE is your peer outside of time as you are currently experiencing it. Even the seemingly most unlikely person is your equal. This is not simply a nice sentiment, it is a prime rule that must be understood and practiced. Without this kind of balance in your universe, you will have little chance of maintaining your new found level of experience!

We are still subject to the laws of illusion and must make every effort to blend in and act to the outside world as though we were exactly the same as we were before we started the 7d merger! This is very important and tricky. It will not only keep you out of the funny farm, it will bring much less resistance to you in the form of a kind of instant karma from spouses, friends and loved ones. We are in a time period that is still (by TT standards) in the middle of the "Dark Ages". Fraught with witch hunts and superstition, anything people do not understand is labeled as Satanic or Cultist. The less that is said about what is happening to you, the better!

What will shine through is a new glow that people will comment on. Yourself from the future is here with you now. What you are experiencing, it is experiencing. What concerns it at this time is how to turn the light switch on without blinding everyone. Remember that enlightenment is a team effort. What effects one effects all! The difficulty with approaching this physical dimension is if the approach is too fast or sudden, it makes a negative result.

There is a critical point, (where you should be right now if you have been diligent in practicing these techniques), where your consciousness literally begins to turn inside out and radiate white light out into the 3D! With it comes a powerful surge of emotional energy. For some, there may be a sudden rush of wonderful feelings, while for others there will be a gradual increase of light and good feelings coming from within the center of their being. The problem is if you are not properly prepared for it, you may scare the hell out of everyone around you! Yourself from the future has not gone to this much trouble to merge with you, only to have you become too unstable to manage it. The challenge here is, no matter how wonderful you may feel, try to act normally! See if you can experience all that is happening to you without talking about it to anyone! Like the controlled chain reaction in a nuclear power plant, you must learn how to control it or it will quickly overwhelm you! By sitting on it you act as a damper that will make it work for you. It is only natural to want to share your new found feelings with those around you. This is love . . . but do it quietly! If you suddenly start blessing everyone and hollering, "Ureka! I have found it!", obviously this

could cause more problems than you might care to have.

"Yourself" from the future has certain valid concerns about manifesting here through you, and thus into the lower six dimensions. After all, acknowledging these concerns, and displaying trust, openness and willingness, is really all that can be expected of you . . . and that you might welcome it with all of your heart!

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A COURSE IN TIME TRAVEL

Excerpt Thirty Six

SEVENTH DIMENSIONAL MEDITATIONS

As you make the transition to the first levels of the Seventh dimension, your understanding of yourself and the universe will begin to flower. The fearful and cloistered self centered closed mindedness of the old self will begin to fade away. We are graduating from the sub-atomic to the atomic. From earth centered consciousness to solar centered consciousness. From random and remote pieces and time slices of ourselves to a unified self in time and space, confident of its place in the universe!

In the beginning it may seem that there is little or no difference in your consciousness, but it is like a tiny crack in a giant dam. At first only a few drops of water appear, and then a little more, until a noticeable stream develops. Eventually, inevitably, a great torrent pushes its way through the opening with a thunderous roar!

In the beginning out of fearful preservation, we may try to stop the flow of consciousness, but it is not ours to stop. This would be akin to the caterpillar trying to stop its metamorphoses to a butterfly. We are

metamorphic beings! This means we change from one state of being to another. It is simply part of our nature. We can put off this change by recycling back through time until we are ready to proceed, but once we pass the point of no return we are committed to go on the the next stage. If you feel you are ready to go on, then you are in the right place! If you feel that you are being pushed along into something that is beyond your control and it is making you afraid, then you are in the right place! If you are uncertain why you are here, but find that you are irresistibly drawn back again and again, then you are in the right place!

MEDITATION

Start the 7D meditation by briefly running through the 5D meditations and then the 6D meditation. Picture or feel yourself as having arrived here in time and space from everywhere else. Feel the connectedness of yourself as a focal point for consciousness. Believe that you are newly born and like any new born baby are being held and cared for by loving parents. Allow this transition to take place.

At first you may feel vulnerable, but this will quickly pass. Gently float in the white light that now surrounds you. Feel your cares and worries being washed away and being replaced by bliss and serenity. Know that you have brought with you all that you need to survive and prosper. These things and abilities will be available to you as you need them. Know that you will attract to you the right people and circumstances to best help you to make this transition. Feel the tension in your neck and face relax. Believe that you are being rejuvenated from the inside out. Others will begin to comment on the fact that you are getting noticeable younger all of the time. Let go of emotional and physical pain. Let the loving energies heal you, believe that they can. See the beauty of yourself as you arrive here. Feel the completeness of your physical body as the light shines out from you into the 3D universe, sweeping all of the previous cares away with it. See and feel your oneness with an infinite universal intelligence that loves you more than you can imagine! Believe that this is your destiny. That this is exactly the

way it is meant to be.

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A COURSE IN TIME TRAVEL

Excerpt Thirty Seven

SEVENTH DIMENSIONAL MEDITATIONS Cont.

The Seventh dimension is a marvelous piece of work! As a physical form it is perfect in every way. Your 7d body exists in the same place as your 3d body, and includes it as part of its existence. Without manifesting through your 3d body, it is no longer the 7d. The Seventh dimension means seven separate dimensions merged together. If we subtract the three dimensions represented by the 3d, this leaves us with just four dimensions which is the 4d.

What we are attempting is both very complicated and very simple. It is only complicated when viewed from the 3d. It is very simple when viewed from the potential 7d. The potential 7d is the Seventh dimension without full realization. This is an interim state of being in the early levels of the 7d. Your Future Self is holding the structure of your 7d body in its mind. This is not easy for it because of your doubts and fears trying to pull it apart.

As you begin to exchange more fully with your future self you will become more and more responsible for your actions. Either this effort will become the most important focus for you, or your future self will pass on this life time and try again perhaps next life time if things go right. This is not a threat. A substantial number of lifetimes will be involved before you are through. Somewhere along the line it will happen, and that will be your last life time as you have come to know it. You will fully metamorphose into the next stage of consciousness while maintaining your physical form! This is as important to your future self as being born is to you.

Although very difficult, you can go a long way in this life time just by cleaning up past negative karma and not creating any new. Making a viable connection with your future self will carry through into the next life time. No one can predict the exact moment of your Seventh dimensional rebirth, but it will happen. We are like a baby in the womb. We cannot go back nor can we stay where we are. We may not like what is in store for us, we may think it unkind to be so rudely awakened, but like it or not we will be born!

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A COURSE IN TIME TRAVEL

Excerpt Thirty Eight

SEVENTH DIMENSIONAL CHANGES

You have reached a point where you may be experiencing great joy and enlightenment, but most likely you feel like a specimen pinned on a board. There is a point early in the 7d levels where you are severely tested, the way you might test a new race car. Your emerging self from the future wants to make sure you are emotionally ready to carry the increased spiritual power that comes with the mergence. The tests will come in various forms. When they are over, you will realize that you were being tested. You will also know if you passed or not. Don't worry, if you fail a test you will learn from it and prepare for the next test.

The 3d part of us wants to be something different from what it has always been. It wants to be able to do something spectacular or to have a God like flash of understanding. It wants to feel something DIFFERENT! When it doesn't seem to experience any of these things it gets discouraged and loses interest. It is necessary, in order to continue, to neutralize the last vestiges of self centeredness and the need to be in control, by completely

surrendering to a power greater than our self. If we are unable to do this, then it is an indication that we are not ready in this life time to transcend our earth bound lessons.

The 3d you, has a quality that is invisible to it. That quality is the ability NOT to realize it is changing! We are capable of great change, while not realizing it. We are the last one to know. Usually friends or family members will tell us that we have changed before we realize that we have. We have a quality that will always be with us. It is the ability to realize and accept any changes in us or in our environment as the new norm. We quickly adjust to the new levels and consider them as normal. This is a good quality. It allows us to experience tremendous change without harming our mental and emotional being. Adapting to change has allowed the human race to survive. The only problem with having this ability is if we are looking at temporary changes as a means of permanent satisfaction.

For example, let us say that you buy a new car. You are most likely going to be excited about it and wash it and keep it out of the Sun. But then something happens. It somewhere along the line stops being a new car and simply becomes your car (or your wife or your husband, or your house or your money). ***The short lived joy we find in the external, fill our TV guide.***

Know that you ARE changing! Part of that change is a continuous giving up of your sovereignty to a greater Self to form a new level of sovereignty that in turn needs to be transcended. A constant and ever faster process of acceptance and release. This is the very thing that allows you to grow! For us, this is an attribute that must continue forever. No matter how wonderful or powerful we may become, we will always be merging into something greater than ourselves, constantly realizing our unlimited potential!

With regards to spiritual growth, we are known by our "resistance". What this means is the more resistance we have to the change required by our TTO, the less evolved we seem. The more ego centric we are the less

we are able to change. For example, let us say that you have a dog who, as you open the front door, knocks you down and runs away. (I am recounting from personal experience). You would, of course, consider this animal un-evolved as compared to a dog who greeted you with your slippers. To our TTO, we are much like a pet! Consider that your TTO is many thousands of years older than you. (Your physical body is here for the first and last time!) Your entire lifetime is like a single day to it. If you present a problem by refusing to change, it can simply wait until tomorrow when it will try again.

If we are full of self and opinions about everything, if we are steadfastly routed behind a barricade of ego and self centeredness, then we will make little progress until we can realize that we are our own worst enemy! How can the TTO hope to bring about the drastic kinds of change necessary to bring you into a position where you can merge and interact, without causing harm to either you or your environment? There has to be some kind of organized regimen occurring from lifetime to lifetime from which your Soul, under the guidance of its TTO, can learn to influence you enough to get your attention. More importantly, is your willingness to look for and accept such a regimen. The necessity to turn your will over to a power greater than yourself is absolutely fundamental! It is then 7d changes can begin to happen.

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A COURSE IN TIME TRAVEL

Excerpt Thirty Nine

INTRODUCTION TO THE EIGHTH DIMENSION

Notice that from the Sixth dimension we observe the Seventh dimension as a place of white light that exists within us. The juxtaposition of black and white is familiar to us from our earlier studies of the primordial universe where black and white polarization also existed. The difference is that the primordial universe was one dimensional because our viewpoints were not able to grasp the multi-verse within them.

We have come full circle back to where we started, but like the prodigal son, we are much wiser for the journey. Another difference is that in the primordial universe the white and black universes were a result of polarization and as such could never be in the same place at the same time from our viewpoint. Now we have an expanded viewpoint that allows the white universe to exist within the black universe simultaneously! We have called these places dimensions because as we added each facet it has allowed an additional dimensional window that increased our consciousness

and abilities.

We have learned and observed that because time is an illusion, we can experience separate instances in time coincidentally. We have also seen that the dimensions exist simultaneously as well. The Tenth dimension exists as a composite dimension comprised of its nine component parts that gestalt into the tenth. We have looked at seven of these parts. The remaining two parts are the Eight and Ninth dimensions. That these two dimensions exist within our grasp, but just outside of our normal consciousness, is a necessary realization for us. Without this realization we would never think to look for them.

You may be wondering how all of these dimensions could exist without anyone knowing about them? The answer is that they have been known about for many thousands of years! Highly advanced knowledge such as contained in these Excerpts, was considered sacred and was handed down by various priesthoods, from generation to generation. It was felt that the general world consciousness was not ready to learn about these things, and the knowledge was preserved for a time when it would be ready. Occasionally the line was broken and the knowledge would be lost for a time until it could be revived again by independent clairvoyant researchers. In our present time, the knowledge had been lost or deformed for a considerable time.

It might be easier for you to think of dimensions as accumulated viewpoints rather than dimensions. As an example, think of how the world would look if you observed it with only one eye. It would no longer look 3d because we would need two eyes to allow a 3d perspective. Now imagine how it might look with three eyes? Or four or ten? Rather than external eyes or viewpoints, we have, in addition to our two eyes, many more viewpoints available to us internally! We will examine a total of twelve of these viewpoints or dimensions as we progress in our studies, and a hint of the thirteenth.

The nature of the Eight dimension is the same as the nature of the Second and the Fifth dimensions, and is in fact just a more complete and inclusive extension of these. The 8d allows us access to a much more complete and open ended Self then has been previously available for us in the 3d. The 8d brings with it all of the potential of what is thought of as being Christ Conscious. When you fully experience the 8d you will know exactly who you are and why you are here! You bring with you an ever expanding knowledge of your perfect self. The 8d also brings with it an overwhelming capacity for love.

The 7d may have seemed disappointingly flat and 6d like. This is for a necessary reason. As has been stated in earlier Excerpts, the bliss levels of the 7d is the quality of love. It is not until we radiate out this bliss to others in the 8d that we can call it love. As we begin to experience love the 8d will begin to activate. This experience is the one you have been looking for. It brings forth from you a golden glow.

We have reach very subtle levels of realization. These levels have always existed within us, but we were not able to access them because we didn't know how. We must remember that even desiring these more subtle levels will keep them out of our reach. Also we cannot attempt to hang on to them either for that will also push them away. They will only come to us as a natural result of the mergence with our Self from the future.

In the beginning you may only have small momentary glimpses of the 8d. This is a wonderful sign! Be patient and know that it is close. If this is meant to happen for you then it will happen. Nothing can stop it!

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In the next Excerpt we will take a look at the Ninth Dimension.

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A COURSE IN TIME TRAVEL

Excerpt Forty

INTRODUCTION TO THE NINTH DIMENSION

The Ninth dimension is the top of the 10D power structure. The 9D functions through the 6D into the 3D as the ability to do or accomplish. It is the creative force that has brought forth all that is created by man.

If you remember from earlier Excerpts, the 3D imbues the first and second dimensions with the ability to have motion and 3D time. The 6D provides a protective barrier against degenerating back into the lesser dimensions. The 9D allows us to safely manifest our creative will directly into the physical dimensions without losing integrity. What this means in terms of power is very subtle and needs to be understood before we can proceed.

We generally think of power as some overwhelming force. One persons dominance over another or a stronger country having power over a

weaker neighbor. We think of power in terms of political clout or monetary leverage. These are 3D interpretations and have little to do with true power.

The kind of power that emanates from the Ninth dimension is without opposition and therefore absolute. 3D power depends upon opposition, a polarity of strong verses weak. 9D power stands alone and simply is. A person running 9D power brings into being whatever he/she wishes. The only opposition is in the form of resistance due to 3D time. In other words there is a time lag between the 9D visualization and the 3D manifestation.

A simple comparison of 3D power and 9D power can be seen in the following example. Suppose a person using 3D power suddenly realizes they have barely enough time to make an appointment across town. They rush to the car and rush to the highway only to discover bumper to bumper traffic. They change from lane to lane trying to make traffic lights. A feeling of frustration comes over them as they realize they are going to be late. Nothing they can do will get them there on time. It seems as though everything is working against them.

Now let us look at a person using 9D power, using the same scenario. They enter the same traffic to find a bumper to bumper condition, but rather than getting upset about it they envision arriving at the appointment on time! The congested traffic does not bother them because it is simply not a problem to them. They ignore the obvious problems and KNOW that they will be on time. They are not the least bit concerned. Gradually traffic speeds up. The traffic lights are more green than red, and our 9D person arrives at the appointment exactly on time.

The 3D person was concerned with overcoming opposition while the 9D person was without opposition. The 3D person was frustrated with the mounting barriers to his success while the 9D person was confident of success and unconcerned with barriers.

Of course there is a lot more to mastering 9D power and this will be

covered in later excerpts. For now we are only being introduced to the 7th, 8th and 9th dimensions. The next Excerpt will introduce you to the Tenth dimension. It is from the 10D that we can safely learn to use the unlimited potentials found in all of its'component dimensions.

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

Excerpt Forty-One

INTRODUCTION TO THE TENTH DIMENSION

The Tenth Dimension is a safe plateau from where we can begin to learn about our new found powers. It is also the first true level (physical) of God consciousness.

(Remember that these more complex accumulation of levels above the 6D are impossible to attain, on a permenent basis, without the express help of the TTO.)

It has been necessary to lightly touch on the 7th, 8th and 9th dimensions because they must be utilized in tandem from the 10D for which they were created. The main reason for bringing these dimensions up slowly and together is to bypass the inherent traps contained in each. Each trap can (and usually does) consume many lifetimes. As Time Travelers we have the luxury of knowing future lessons because we have experienced them all many times before! Our problem then lies in bringing this knowledge into

our present physical body which has only existed in our past until now.

Because we read a book on a subject does not make us an expert. Obviously reading a book about mountain climbing is not the same as actually climbing a mountain. We can intellectually grasp the concept of Tenth dimensional Being through study and meditation, but to live and operate as a Tenth dimensional Being takes devoted practice. By observing our feelings, actions and problems in everyday life we can pinpoint where we must concentrate our remedial studies.

Problems concerning human emotions and intellectual misconceptions, are contained below the 6D. If you have problems with emotional issues such as hate, anger, procrastination, fear, etc.. Methods for working through these are contained in the Excerpts and Meditations that lead to the 6D. It is here that you will also find reasons and explanations to the why's and how's involved in attainment of Tenth dimensional Consciousness. The Sixth dimension is the result of neutralizing these feelings. By the time you reach the 6D you must be devoid of such common emotions, looking for neither highs or lows nor emotional cause and effect. Absolute detachment is necessary to proceed to the discovery of the true 7D. In Buddhism, for example, bliss, wisdom and enlightenment of the 7D are the supreme goal. As Time Travelers we are seeking to discover additional dimensional facets beyond the 7D while including all that the 7D has to offer.

We can better understand the 7D by a quick study of the teachings of Gotama Buddha, but not to be lost in the morass of interpretation. We can learn from his advocation of dispassionate discernment leading to emotional detachment, leading to the transcendence of suffering and unsatisfactoriness. With the absence of base emotions (as the cause of these problems) comes wisdom, enlightenment and finally release.

We can likewise better understand the 8D by a quick study of the teachings of Jesus Christ, but also not to be lost in the morass of

interpretation. His advocating of the "Golden rule", "Do unto others as you would have them do unto you", and that we should love one another. Simple but astoundingly powerful recommendations!

We can also better understand the 9D by a quick study of the dialog between Krishna and Arjuna in the Bhagavad-gita. In it are contained the keys to universal power through the detachment from illusion.

For hints about the 10D we can look to the Koran and the teachings of Mohammed.

I am sure that there are many persons and teachings that exemplify each dimension. I have selected the above because they are know to me as examples representing a respective dimension in some way.

Our job is to extract the essence from the teachings of each of these great men, and then to blend them into something that is a combination of each of them but is not any one of them. Such is the nature of God Consciousness.

The Tenth dimension gives us access to the Third dimension in a way that has only been dreamt of in this time period. It opens the possibilities of "Heaven on Earth." However, we have so far only touched upon the Tenth dimension intellectually. Lest we forget, the Tenth dimension is comprised of nine complete and uniquely separate dimensions all operating independently to form the gestalted 10D.

As a newly forming tenth dimensional center we are like the new born baby gazing beatifically at all that surrounds it, eyes wide with wonder.

Even from such an exalted dimension as the 10D, it is well to remember that the true self contained in the Eleventh dimension has not yet arrived. Like a dutiful servant, we are still preparing the vessel in which the approaching self will dwell, while It quietly oversees the operation unseen

from outside of our knowledge. We have much work to do in the brief moment we are physically alive. It is good to prioritize what is important to us. Whether it is the blatancy of the obvious world around us, temporary and nagging, or the gossamer promises of a permanent world as yet unseen by us.

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A COURSE IN TIME TRAVEL

Excerpt Forty-Two

TENTH DIMENSIONAL CLARIFICATIONS

This and the next several Excerpts will attempt to clarify what we have so far studied and begin to focus on our immediate group goals and possibilities. The physical dimensions are seemingly so much more concrete and demanding than the extended dimensions. This has a tendency to short circuit our attention and energies much like a tooth ache detracts from the joys of a piece of chocolate. The everyday demands are so overwhelming that we are lucky to make time for ourselves, let alone find time to discover new dimensions. After a busy day we tend to party (if we are younger) or we turn on the T.V., or enjoy our family (unless we are in the middle of a divorce), or we read or sleep, or surf the net.

A few of us look for something beyond the obvious. Some of us find some of what we are looking for in various religions. Some of us delve into exotic philosophies and mystical books. We try meditations, guru's, magic

pills and magic spells. We find that somehow we are not satisfied with what is being handed to us as "the truth". We believe with an ever increasing hunger that there must be more!

"A Course In Time Travel" is an attempt at bringing as many options as possible in to as clear a focus as possible. Because this Course was interpreted and written by a human being means that it is fallible, but it is at least a start in breaking the patterns that invisibly enslave us. I look to future students of this work to fine tune the interpretations and to better explain the subtleties involved. There is nothing as successful as success, meaning that as some of you begin to find the hidden beauty behind the words, you can share your successes with others, further refining and validating this endeavor.

I have maintained that I am just like you in that I am no one special. My gift has been one of exceptional clairvoyance and dogged perseverance over a long period of time, and an unwavering need to pierce the veil. I am aware that most of you are not able to devote the amount of time and concentration needed to solve the puzzle that is at the heart of Time Travelers. I have sought to solve the puzzle for myself and share what I have found with you. I am happy within myself that I have come a long way in doing so and am immeasurably the better for it. Whether or not we are successful does not matter in the short run. What is important is that the concepts have been imported into this time period and into the earth's akashic records. The work we do now might not be fully understood and incorporated until a thousand years in our future. This is perfectly acceptable in view of the uncounted eons of entrapment and mass misunderstanding we have already endured! We are passing through perhaps the most exciting time in our existence. A time of overwhelming discovery and possibility. A time when the outer consciousness merged with the inner to produce unimaginable beauty. I am honored to be some small part of this!

The possibilities of catastrophic earth changes as many have predicted

in our immediate future suggest that we hasten to secure the seeds that have been planted here. If these catastrophes are to happen within the next few years, then we might be wise to prepare as a group. It would be good to network in such a way that we could find each other in the event that a catastrophe should occur. I am working on steps that would facilitate this. In the event these earth changes are circumvented in our realities, then it would still be prudent to network in order to refine and further our work.

We have reached a point where working in groups would greatly enhance our progress. There comes a time when we must extend beyond the written words and theories into a practical workshop involving as many members as possible. I believe, in a 9D sense, that this has already happened. I have been fortunate in being able to meet and work with some of the membership. I am excited at the possibility of meeting and working with more of you in person, in the future. After all it is the cultivation of the group mind, and subsequently planetary consciousness, that is immediately important. I look forward to your suggestions and encouragement along these lines.

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A COURSE IN TIME TRAVEL

Excerpt Forty-Three

OPPORTUNITIES

Human thought seems to manifest in quantum leaps. A period of time transpires where little or no original thought occurs. Then for no apparent reason tremendous progress in thought begins to happen. It might come from a single individual or a group or groups. It might come through a single source such as music or science or through a broad spectrum of disciplines. Then just as suddenly as it started it ends.

As Time Travelers we are participating in the beginning of one of these quantum leaps. If we can fully grasp the meaning of this surge of understanding we, like surfers on an endless wave, will have the potential to forever be on the leading edge of new thought. This is an amazingly exciting potential, and one I would loath to miss. To be a part of such a golden opportunity, no amount of effort would be too much. Such opportunities are rare and must be seized with both hands.

How many times has opportunity knocked on your door only to find

you unwilling to take advantage of it? A fact that you later regretted? Life has a way of quickly passing. By the time we understand this it is too late. It is a sad fact that the average person in this time period had little chance of awakening. We existed in a catatonic morass of habits and routines. We needed to be constantly entertained lest we go mad from boredom. We exalted those who successfully entertained us and punished those who tried but failed.

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A COURSE IN TIME TRAVEL

Excerpt Forty-Four

TENTH DIMENSIONAL CLARIFICATIONS continued

The Tenth dimension is a complex consisting of ten separate dimensions all working together. Since we have learned not to differentiate or discriminate between the lower five dimensions, having resolved them into a single working entity, as viewed and operated from the void of the Sixth dimension, we are left with the extended dimensions which resolve into the Thirteenth dimension.

I wish to take a moment here to clarify what we are looking at. With so many additional dimensions looming on the horizon, it may seem a bit overwhelming, but let me assure you that once understood, it will all resolve into an easily understandable singularity.

It is important to know that the sixth dimension is the center of two mirror universes. There are six internal dimensions, existing in much higher rates of vibration, and the six external dimensions we have been studying.

Understand that these mirror universes are polar opposites which resolve back into six extended dimensions which we will call the seventh through the twelfth. It is in this resolved configuration that the seventh dimension becomes the new 3D physical body.

The seventh dimensional body, (the stellar body), representing the physical body of your inner being, is able to interface with the third dimension with clarity, power and enlightenment, depending upon the quality of the work you have done to this point. Realize that the light of the 7D has always shown brightly from within you. Whether it is able to penetrate the dross of your lower dimensional bodies depends entirely upon the work you are doing now!

It has been stated that the 10D is the first level (physical) of a complex consisting of the 10D, 11D and the 12D, which resolve into the 13D. This complex (the accumulated 13D) will take you beyond the bounds of self into what is called the "Collective Consciousness". It is here that you will be able to realize combined multiple realities and dimensions in such a way that you exist in a completely new and different three dimensional reality from the one in which you are now trapped. All future and past events coincide which transcends time as we know it three dimensionally. From the 13D it is impossible to experience reality other than in absolute perfection in its myriad forms. It is here that the omniscience, omnipotence and omnipresent of God consciousness, and the quality of undiluted Christ consciousness, are essential basics for each participating individual. Each individual enjoys complete sovereignty and yet is an integral working part of the infinite whole.

A WORD ABOUT THE 13D

So completely different is existence here that it cannot be recognized as having once been the 3D. The 3D you now reside in still remains in tact just as you see it now. Changes here are done through the 7th, 8th and 9th dimensions, they are temporary and affect only your immediate surroundings. Because in the 13D we experience all possible time and

realities at the same time, we are no longer involved with individual realities or individual time tracks and events. This means that the reality you enjoy today will still continue with you in it, but it will become a single minute part of your complete reality unnoticed by the new perspective you have as the 13D self. This relationship exists as a universal now outside of the time and space we normally refer to as the "here and now". The difference is one of changing view points to include and merge with the 13D from our perspective, and to extend the influence of the 13D as far as possible into the physical dimensions.

Each isolated consciousness in each individual reality, anywhere in time, is capable of eventually transcending itself by merging into the "Greater Reality". The intent of the Greater Reality is to push into all of its sub-realities, no matter how insignificant or remote they may be, in order to gradually bring them into the "Collective". From the viewpoint of the "Collective", all of these many dimensions that may seem so strange to us, have been mastered by it. It is only these lower dimensions that we are familiar with that need to be mastered by it to complete its agenda. This puts us in a very good position to rapidly expand our consciousness beyond anything we might have imagined! Exactly how fast this will occur will be different for each of us, because the law of "free will" is still the lowest common denominator.

The 13D is a perfect combination of all other dimensions and possibilities, existing on top of and because of them. It contains the best of Heaven and Hell.

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A COURSE IN TIME TRAVEL

Excerpt Forty-Five

NINTH DIMENSIONAL POWER

As concerns power in our 3D reality, we as Time Travelers are faced with having to walk a very narrow path. If we stray even momentarily we reap instant karma. Since our intent is usually for the greatest good our karma is usually bad coming into cause and effect with pre-existing out of balance conditions. On the other hand, if we make no choices, we still find ourselves in unenviable positions. We see ruthless people wallowing in opulence while many times, we who have worked hard for spiritual enlightenment, being hobbled with moral constraints, can barely eke out an existence. The question is, how can we function here without getting kicked around by our environment? The answer is passive power that is found in the 9D.

With a little practice the following techniques can be mastered and can actually be a lot of fun. Passive power is about having choices. It is about

selecting which reality you will experience from existing possibilities.

As an example, when you fill your plate from a buffet you make choices from what is available. Karmically it does not matter which selections you make. It would matter if you selected something that was not available. It might disappoint or embarrass you. You could wind up with no food at all even though you paid for it.

This is how many of us go through life, making disappointing choices that were not available to start with. In other words, our expectations exceed our immediate possibilities, and we are usually not aware that we have sabotaged ourselves before we even got started. We are not aware that our failures are a direct result of not knowing what our choices were!

9D techniques allow you to know exactly what choices are available and how to select the best one for you. This works very much like selecting a station on the radio. You might flip from one station to another until you find one that you like. You might be looking for Classical but find that this choice is not available, so you settle for New Age instead. You picked the best choice for you out of the possibilities *that are available.* In our 3D world most people believe that the first choice they are given is the ONLY choice available. They want classical but wind up with 24 hour weather reports. They are unaware that they have choices!

Making choices has nothing to do with being selfish or not being selfish. It has nothing to do with whether you deserve your choice or not. It is just a mechanical selection of either this or that. You make a conscious choice of whether to step on the nail or not to step on the nail.

The technique I will share with you in this Excerpt is called "Changing Channels".

CHANGING CHANNELS

Changing channels can be implemented in several ways:

- The first rule is NOT to accept the first choice given to you unless it is one you want.
- The second rule is to make a choice that is available.
- The third rule is not to accept a choice you do not want unless there is no better choice.
- The fourth rule is, once you have made a choice, claim it as your own.

It is important to become as emotionally unattached to your decision as possible. Be neither for or against. The more emotion enters into your choice the more limited your choices become.

I would suggest starting off with very simple baby experiments just to help you gain confidence.

Below is a simple example that I experienced.

This is something that happened to me some years ago. I was working as a teacher in a computer repair school and was overdue for a raise. I was well past burn out but, because of financial considerations, continued to teach anyway. The owners of the school were looking for an easy way to get rid of me. One way was not to give me a raise when my review came due.

I had just come back from vacation when I was called into the Deans office for my review. I could see by his expression and body language that all was not right. It was then that I heard the words "We thought that going on vacation would help your attitude, but it has come to my attention..." I knew in that instant that I was either going to get laid off or at the very least not get a raise. I had been studying the changing channels technique during my vacation but had not tried it out in the real world. I knew that I had to change channels quickly or be stuck with a choice I didn't want.

I changed channels. My boss stopped in mid sentence and started a new sentence. "Well I know you will be happy to hear that you are getting a raise!" I smiled and thanked him, and was inwardly flabbergasted by how simple it had been. I remember thinking that no human being should have this kind of power! I have since change my mind. Now I believe that everyone should know that they have this kind of power.

Here are the steps I took to change channels:

1. First, I became aware that I did not want the choice that was about to be presented to me.
2. Made a decision to change channels.
3. Became as detached and unemotional as possible about what was being presented to me.
4. Believed that I had other choices than what was being presented to me.
5. Firmly believed that the choice the person before me was presenting to me could be changed.
6. Mentally refused to accept the choice being presented!
7. Expected a change in what was being presented.
8. When the change came, to see if it was acceptable.
9. If it was acceptable to accept it.
10. To understand that if no change came about that what was being presented to me was probably the only choice available at this time.

All of this can be done mentally, however, a very effective verbal strategy is to say phrases like; "That is unacceptable." "I am sorry but that is

still unacceptable." "You will have to do better than that." Say it as emotionally flat as possible.

Changing Channels is very effective in thwarting an argument. By going emotionally neutral the words from the other person fall upon the ground. They will stop immediately! You need, in this case, to say nothing.

You can start changing channels on little things that do not matter. The trick is to do it without the other person realizing that you are doing anything. As you progress you can begin to affect larger areas of your reality.

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A COURSE IN TIME TRAVEL

Excerpt Forty-Six

EIGHTH DIMENSIONAL CLARIFICATIONS

The Eighth dimension is the seat of consciousness for the Tenth dimension. In and by itself the 8D is technically Christ consciousness, although the 10D is the first level of God consciousness. (the physical level) The 8D is the center of awareness for the 10D in the same way that the 11D is the center of awareness for the 13D. The basic difference between the Eighth and Eleventh dimensions is monumental. The 11D is a potentially infinite multiplication of the 8D. Where the 8D is the apex of perfect expanding individual realization, the 11D is the transcendence of the self as an individual, and begins the incorporation of the Collective Consciousness as the self.

In this Excerpt we are discussing the 8D in relation to the part it plays as an integral part of the 10D. The Tenth dimension serves a dual function. First it is a complete vehicle with its ***Being*** based in the 7D (Stellar Body),

its centralized consciousness housed in the 8D, and its power structure accessible from the 9D.

Secondly, the Tenth dimension serves as the physical vehicle, ***Being***, for the Thirteenth dimension. Although it is not realized at this point in your development, the 10D is composed of a potentially infinite number of 7D bodies. In other words, where the 7D represents a single star (our Sun), the 10D represents an entire galaxy! (the Milky Way).

If you recall from earlier Excerpts, the 7D relates to the Between the Eyes Center. It is a place of white light and single pointedness. The 8D relates to the Crown Center which has access to the billion or so cells of the brain which represents the Milky way. It is easy to see the differences between the two. Where the 7D establishes the consciousness of a single star, the 10D establishes the consciousness of a galaxy. By the same token, the 13D establishes the consciousness of all Galaxies! There are expanded consciousness far beyond even this, but it would not serve us to discuss it at this time.

The Eight dimensional consciousness places us in the precarious position of having unlimited powers of understanding and feeling, but without the active power to create our realities. This will come with the mastery of the greater dimensions to come. Meanwhile, we must still take our directions from our Eleventh dimensional self. It has the knowledge of where you fit into the scheme of planetary consciousness. You have reached a point that you can do more harm than good by forcing 12D realities without 11D understanding. We have examples of this in the politics of this time period. They are like puppies on a karmic freeway!

Basically, we are still building our 10D structure. We are accessing our perfection as an individual. Our influence is very local. At this point, because of potential problems, it is better to keep a low profile. As discussed in the last Excerpt, we have limited passive power to choose from existing possibilities in our realities. It is important NOT to initiate new

realities because of unnecessary karma that may slow down your progress. We must take our guidance from that part of ourselves that knows what to create and when to create it. This ability comes from beyond intellectual capabilities. It is an integral part of the functioning of your future self. In other words, you are still forming. The real you is still on the way. Although tempting, it is better to wait for yourself to arrive before using your new powers. Using the 9D is perfectly fine. However, because of its direct connection with the 12D, some of us might figure out how to use the unlimited power of the 12D to our detriment. If you are patient at this juncture, you will progress much faster. We are in a delicate phase of unfoldment. If we take charge prematurely, we can derail ourselves.

I would suggest reviewing the Excerpts. Each time you read them, new meaning and understanding will be given to you, especially as each new Excerpt is revealed.

In the next Excerpt I will include a 10D meditation. I am glad you are with me! Until next time. . .

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Forty-Seven

DETAILED EXAMINATION OF CONSCIOUSNESS (A Review)

What is the difference between God, Christ, Cosmic, Buddhic and Krishnic consciousness?

I have taken the liberty of repeating Excerpts 17-20 as a review of the nature and structure of consciousness. I have added comments where I thought appropriate. The reason I have included this review in these last few Excerpts is two fold. First, I believe this material to be so fundamental to understanding and transcending current limitations in consciousness, that it needs to be amplified. Secondly, the material contained in this review might be more easily understood and retained after having studied the interim Excerpts, 21-46. Author

The definitions contained in this Excerpt and those that follow in this series supersede all other definitions contained in this course. By this I mean

if a contradiction occurs in the definitions found in earlier Excerpts and those now being presented, defer to the later excerpts. This is because a more exacting examination of consciousness produces a more exact definition and understanding of the underlying mystery.

Consider our earlier examination of primordial consciousness when we saw that the void contained a substance (ether) with the potential for life, which was capable of producing all that we experience today. We further saw that this substance was subject to continuous inherent vibration which produced polar opposites.

At one pole (negative pole) was the void which was devoid of all motion. At the other pole was maximum vibration which produced white light.

The nature of vibration dictates that there is a stair step process of going from the void to white light and back again to the void. Each of these four states, (the void, white light, going from the void to white light and going from white light to the void) is the beginning of a different kind of consciousness.

The void is the birthplace of what the ancients termed Sagittarius which in its most extended state is called Cosmic consciousness. This is also the beginning of what we call the Fourth dimension, and all that we call spiritual.

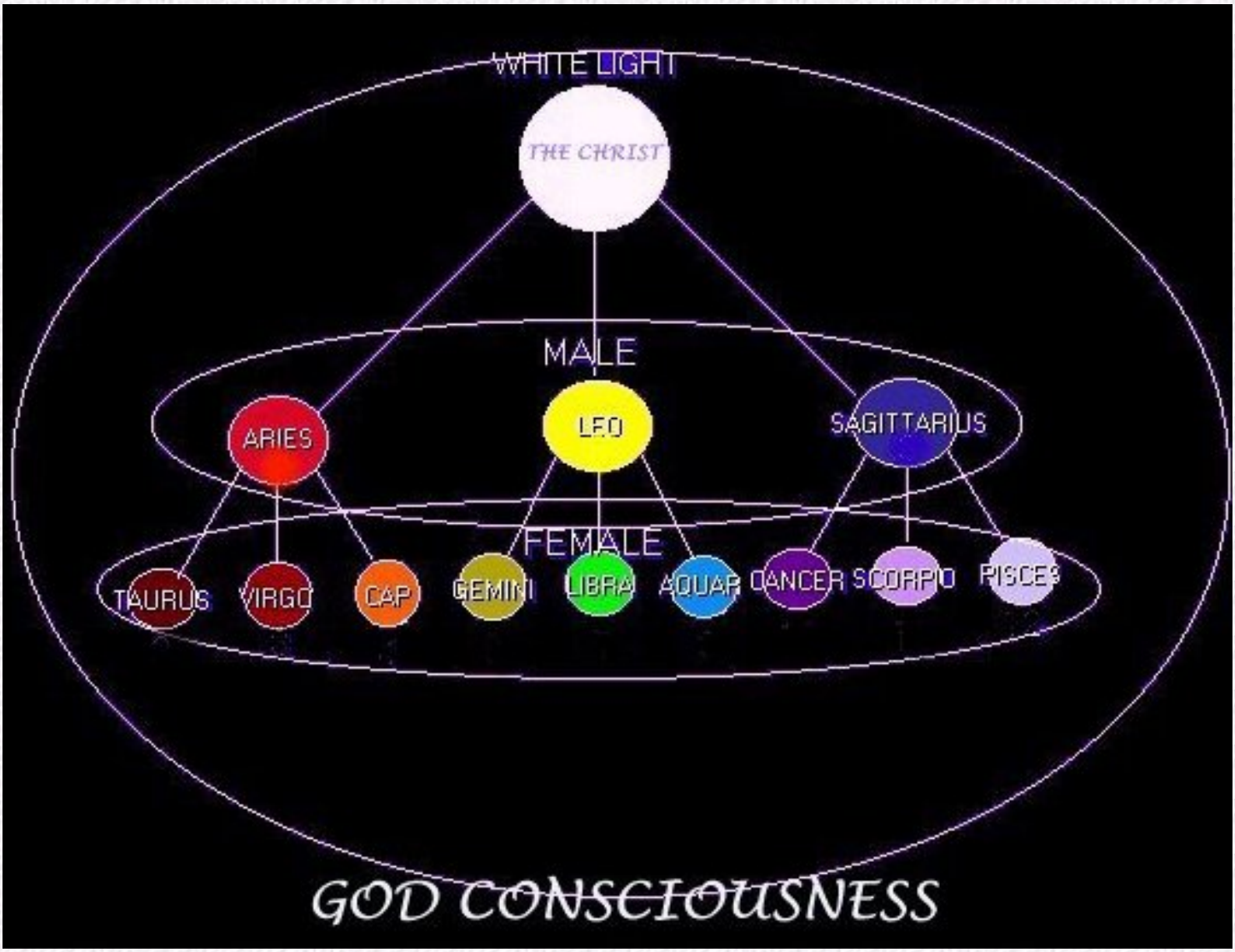
The white light state is the birthplace of what the ancients called Leo which is the beginning of Christ consciousness, and what we call the Fifth dimension.

Ascending vibration upon the ether (from the void to the white light state) is called Buddhic consciousness, while descending vibration upon the ether (coming from the white light state to the void) is called Krishnic consciousness. The action of going from the void towards white light is part of the nature of Sagittarius.

The action of going from white light towards the void is part of the nature of what the ancients called Aries. Aries is the birthplace of what we call the Third dimension.

First let us examine in detail the white light state called the Christ.

(See chart)



The white light state shown is static in that it is without motion through magnetic attraction. We have seen this state before as the goal of Buddhic consciousness. In that context it is called Nirvana. It is called Heaven in the western world. What is found here is called bliss or ecstasy when compared to any other state of being. It is interesting to note that the Christ in this primal state has not the ability to exhibit love. This ability which is so characteristic of Christ consciousness does not appear until we experience it in its subdivided descent into duality. There is instead universal compassion which is characteristic of Buddhic consciousness. Also note the Christ at this level is composed of all other potential consciousness except for God consciousness which is a polar opposite of Christ consciousness and at the same time contains it.

We can see from the chart that all other consciousness are derived from the Christ. It is for this reason that many think that the Christ is in fact God. We can understand why many would also believe in this state of being as the ultimate goal for humanity.

It is important to remind ourselves that those who seek God consciousness have chosen a much more difficult course of action than those who seek to simply return to the Christ. This is not to deride the latter for the choice is up to the individual. However please note the direction of creative intent from the Christ. This would suggest that those who simply seek refuge in the Christ will at some time feel the urge to re-descend into matter. . . .

In the next Excerpt we will continue to examine these four types of consciousness.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Forty-Eight

DETAILED EXAMINATION OF CONSCIOUSNESS (Continued)

What is the difference between God, Christ, Cosmic, Buddhic and Krishnic consciousness?

We learned in the last Excerpt that the primordial positive pole is also the primordial Christ. We also learned that this same place is called Nirvana by some and Highest Heaven by others. This is an astoundingly important piece of information and one (that I am prone to believe) most metaphysical researchers have missed. This is the place that Adam and Eve (primordial man and woman) "fell" from. Or were they pushed by an inherent creative urge to manifest into the planes of duality and the third dimension? I was asked by a TT member if upon the return to the Christ would it be permanent? Would one then exist in this exalted state in ever lasting life? I don't know. It certainly has all of the elements for permanence although we

can all attest that it is possible to "fall" from this august place! It probably depends upon the individual as to whether the return is permanent or not. I personally believe that Christ consciousness is an interim step to God consciousness.

Remember that there are two major paths. One is the Angelic path with Heaven and existence within the Christ as the goal. The other is the God path with a continuing participation in creation, and never ending unfoldment of God consciousness as the goal. Of the two, Heaven is obviously a much easier closed ended goal through the regimented Angelic hierarchy, and is relatively easily attained. God consciousness on the other hand is open ended. A never ending accumulation of knowledge and power plus all that the Christ principle has to offer. God consciousness being all inclusive includes all that the Christ is without being confined by it. As we recall, the Christ principle is all that is internal in God consciousness, and can be thought of as the personality, or (quality) of God. God consciousness, in contradistinction, is all that is external, (quantity), AND all that is internal, as well.

It is good to remember that the basic difference between God consciousness and Christ consciousness is one of placement and perspective. In God consciousness the Christ is the internalized quality of the self, whereas in Christ consciousness, God exists as an externalized parent.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Forty-Nine

DETAILED EXAMINATION OF CONSCIOUSNESS
(Continued)

BUDDHIC CONSCIOUSNESS

What is the difference between God, Christ, Cosmic, Buddhic and Krishnic consciousness?

We have seen in previous Excerpts that vibration acting upon what is called the "Ether" or Einstein's "fabric of space", causes a polarization, which is a condition of opposites. One pole is pure energy without motion. The other pole is pure energy (the same energy) at maximum vibration or motion. Because the negative pole (void) appears to be first in order, it is called the First dimension. The other pole because of its relationship to the First pole becomes a second place or dimension which is contained by the first. Because of this duality we call it the Second dimension.

Please note that the Second dimension is CONTAINED by the First dimension. This means that the Primordial 2D as a polar opposite is contained in the center or inside of (be it infinite or finite) the Primordial 1D! This is important because it sets the precedence for unipolar (or mono-polar) construction. ***(I have reason to believe that this is somehow the key to faster than light travel and anti-gravitational properties most probably found in "UFO's", should they physically exist in this time line. Although this is pure speculation at this time and outside the scope of this Course, I mention it as a matter of record for possible future works.)***

If you will examine this place with me you will see that the primordial 2D is a place of endless white light without any distinguishing features. Although we have identified it as the primordial Christ, it is static and without love (which is shared bliss) because it is completely self contained. It exists in a pure state of "Self" without any concept of something outside of itself. The lack of reflected replicated selves removes the characteristic magnetic attraction that would normally identify this as a place or property of what is loosely termed the Christ Principle. (It should be mentioned that "love" is found in this primordial state as a pure potential, and as an irresistible desire to create!)

This place, upon closer examination, is everything we identify as Nirvana (Seventh Heaven) and the apex of Buddhic consciousness! While this may seem strange and paradoxical at first, it is completely understandable given the fact that ALL facets of consciousness and created form are derived from the same primordial substance. The myriad differences that arrive from this cosmic womb are all simply unique combinations of the original. Knowing this takes much of the mystery out of the equation, but after all this is what we are attempting to accomplish isn't it? (Remember that the Primordial white light state "exists" in our "now" and in our "space", and is accessible within our being at any time via the correct combination of viewpoints.)

The above brings up an interesting point! If the Primordial 2D is the original Christ, then how could it also be Nirvana or Buddhic consciousness? Does this mean that they are the same?

They are in a sense the same, but in a larger and more fundamentally important sense, they are completely different! It is this difference that we will now examine. Stated as simply as possible, Christ consciousness exhibits a condition of permanence when achieved as a result of the ACCUMULATION and CENTRALIZATION of consciousness, while achieving complete detachment from the separate constituent parts and levels of consciousness within ITSELF. In other words, Christ consciousness is a completeness beyond the accumulated parts, but is always experienced from WITHIN the nature of this consciousness as internal beingness, or Divine Self, called the Christ Principle.

When we contrast the above with Buddhic consciousness we find we are dealing with the same place and the same nature of consciousness, but from the OUTSIDE! Furthermore and most importantly, Buddhic consciousness is achieved through detachment, and not accumulation, of the separate constituent parts and levels of consciousness found within the Christ Principle. The accumulation is inadvertent because of upward (vibratory) motion through the structure of consciousness (a result of consecutive detachment and discardment of lower vibratory levels of existence) within a human being and as a consequence, ultimately becoming subjected to a self induced state of simulated nonexistence so devastating that it forces a simultaneous and inadvertent accumulation of the separate constituent parts and levels of consciousness within form, called the "Sagittarius Principle". It is then that a temporary state of white light and Primordial Christ consciousness is subsequently experienced. This achievement is TEMPORARY because of the forward motion that has been set into effect in achieving it, a result of the nature and methods used to achieve Buddhic consciousness. It is this temporariness and non-centralized consciousness (bliss rather than love) that is characteristic of Buddhic consciousness.

In the next Excerpt we will examine Krishnic consciousness.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Fifty

DETAILED EXAMINATION OF CONSCIOUSNESS
(Continued)

KRISHNIC CONSCIOUSNESS

What is the difference between God, Christ, Cosmic, Buddhic and Krishnic consciousness?

In the last several Excerpts we have looked at the primordial structure of each kind of consciousness. Now we will look at “Krishnic consciousness” and then proceed on to “God consciousness”.

Krishnic consciousness was so named after its chief practitioner Lord Krishna best know to us from the Bhagavad-Gita. This part of consciousness represents the return from white light (in the never ending circle) to the material planes or 3D.

Note: Technically, Krishnic consciousness is said to be representative of Vishnu the preserver which represents both birth and death. Originally Vishnu represented the complete wheel of life and death which would include Buddhic consciousness as one half of the wheel. When I refer to Krishnic consciousness, however, I am referring only to the descending masculine side of the wheel. (The Buddhist's refer to this consciousness as "Buddha's of Compassion").

The major distinguishing characteristic of Krishnic consciousness is that of a continual selfless giving regardless of consequence. (The practitioner finds himself descending from an exalted level of consciousness to lower levels of consciousness to help those less fortunate then himself. Unfortunately, there is an inadvertent reduction of vibration resulting in the practitioner arriving with the same level of consciousness as those he would help. (We humorously call this the "Law of Punishment for the Good Samaritan").

We can identify it by the Time Traveler definitions, as a coming from the light, going towards lower vibrations (physical planes). This identifies it as belonging to the Aries principle. We know that Aries is the outward expansion of consciousness from the light (or Sun) to the void. This includes all outward motion.

Its polarization in relation to its twin sister, "Buddhic consciousness", is male. If you will recall, there are three major principles in creation regarding vibration and motion. We have labeled these; outward motion or Aries, inward motion or Sagittarius and stationary centralization or Leo.

We could say that all motion and conscious viewpoints under Aries are outward bound (doing ness/physicalness). This is also our definition of the Third dimension. We could also say that all motion and conscious viewpoints under Sagittarius are inward bound (being ness/spirituality). This is also our definition of the Fourth dimension.

We could say that all in dwelling or centralized and static consciousness and viewpoints (knowing ness/self realization) belong to Leo (this is also the "Christ principle"). This is also (loosely) our definition of the Fifth dimension.

And lastly, we could say that all of the above principles belong to something we call "God consciousness" which is a gestalt beyond all that we have studied.

GOD CONSCIOUSNESS

As has been stated previously in the "A Course in Time Travel", our goal is the never ending pursuit of God consciousness. It is never ending because there is no end to the possibilities and levels of being that can be experienced. Here I quote from an earlier Excerpt, "Mystics that have experienced some little of what is available have all been at a loss to even begin to express what they experienced! These "little touches" are so far beyond our everyday existence that it is impossible to communicate in words, and indeed in anything less than the experience itself, what it is like! We are reduced to terms like ineffable and consummate when trying to describe in words what these mystics have reported. It would be like trying to say to a blind person what the starry night looked like, or trying to verbalize to a child the delights of adulthood." As we have said, God consciousness is a perfectly balanced array of all other consciousness and viewpoints. This basic combined viewpoint once achieved can be enhanced as to quality (intensity of Christ consciousness), ability and understanding. This means that one can attain "God consciousness" and appear very flat and uninteresting in the beginning levels.

HOW TO KNOW ONE CONSCIOUSNESS FROM ANOTHER

How can a person tell the difference between one consciousness and another, whether it be in another person or within themselves? Listed below are some guidelines that may help you understand Christ consciousness.

CHRIST CONSCIOUSNESS

This consciousness is characterized by a centralization of the self from which all expression emanates. The key element here is the position of the self within the Self! Its chief component is Love.

Lesser levels denote possessive love and self-centered-ness. Often an overriding desire to save the world is evident believing that they are the one and only true Christ returning to the world to reign for a thousand years. (Called the Messianic complex). Lesser levels of this can be found in people whom we call "long suffering", (Or what we humorously call "Polyanna's", "do gooders", "Christers", etc.. They all revolve around an out-of-balance positive position. When pursued to extremes, some of these people are haunted by a paranoia of self created consummate evil sometimes referred to as "demons" or the "AntiChrist". This is not to say that these manifestations are unreal. To those who suffer in this state of reality, these manifestations are terrifyingly real! They are, however, the product of a forced spiritual out-of-balance condition.

Although we know instinctively that there is something terribly wrong and out-of-balance when we see these conditions in others or in loved ones, it is almost impossible to know that there is something wrong when it is happening to us!!! In fact, it is quite the opposite! While in Christ consciousness, we perceive everyone else as being somehow infected with "evil", and they must "repent" in order to be like us . . .

More complete levels of Christ consciousness denote Universal Love, overwhelming feelings of compassion and bliss, and a desperate need to share these feelings. While on the surface it is hard to fault universal love and compassion, especially in this spiritually dark Age we live in, it is none-the-less, an out-of-balanced condition that results in a sort of divine paranoia within the practitioner. Specifically, it violates the "Law of Equality". This means that the Christ is always the central figure while

adoring (and usually sickly) crowds of people surround him, basking in his light, further adding to the delusion. To effectively help replicate greater levels of consciousness from higher potentials to lower potentials, (from multidimensional consciousness to three dimensional consciousness), it is necessary to maintain a strict level of equality! Otherwise there will be a strong tendency to inadvertently promote inequality! This is usually followed by the Deification of the Avatar/Teacher, further widening the gap in the potential for multidimensional consciousness, rather than promoting it. We must fervently avoid the tendency of "Man worshiping Man"!

The Christ, as portrayed by Jesus, combined out-of-balance good, and a polarization with what he perceived as "Satan" or the "AntiChrist", which made for a predictable potential for martyrdom as was purportedly witnessed two thousand years ago.

NECESSITY TO EXPERIENCE CHRIST CONSCIOUSNESS

Let me be quick to add that at a point in spiritual development it is necessary to experience Christ consciousness and eventually transcend it! Those who have not the wherewithal to transcend it shall follow this lesson into the after life, to be repeated in subsequent incarnations, and this is how it should be. Those of us who find that we no longer call ourselves "Christians" need not feel guilty or harbor a shadow of doubt that we are somehow the "**AntiChrist"**. All of the brain washing that has resulted from this two thousand year old cult is designed to place doubt and fear into you for purposes of control. This was a good and necessary moral step for the church to take in that much simpler time when we as the people were also much simpler. Far from invalidating the lesson, you have simply out grown it, and now it is time to go on the next lesson. . . .!

In the next Excerpt we will examine Cosmic consciousness and compare it to Christ, Buddhic and Krishnic consciousness. We will begin to see how all of these component consciousness fit together to eventually form God consciousness.

--END--

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A COURSE IN TIME TRAVEL

Excerpt Fifty-One

DETAILED EXAMINATION OF CONSCIOUSNESS

(Continued)

COSMIC CONSCIOUSNESS

"Cosmic Consciousness", Maurice Bucke wrote an interesting book by this title. He claimed that man was undergoing an evolutionary leap to new levels of awareness as great as any in our history. But exactly what is Cosmic consciousness? If you surf the WWW looking for definitions, you will find that people know about Cosmic consciousness, and that it is something truly wonderful and different, but are unable to tell you exactly what it is and why it is different from other types of consciousness.

In this Excerpt, I will attempt to put together all of the information on this subject that we have studied in previous Excerpts, and add some other ideas and interesting facts about it as well. We saw in the last Excerpt that Christ consciousness, (although literally everything was listed as component

parts of it), was more associated with the centralized placement and confinement of consciousness. Cosmic consciousness is associated with decentralization and unconfined space. We also defined Cosmic consciousness as being composed of the exact same number of components as Christ consciousness, and being identically equal, but from a multidimensionally mirrored position. Equal in every way, but exactly opposite!

If you will remember from previous Excerpts, I gave a brief list of definitions for the origins of consciousness. If you will permit me, I will list them here in review:

These definitions are summed up below:

- The "void" is the birthplace of what the ancients termed Sagittarius which in its most evolved state is called Cosmic consciousness. As a subdivision of God consciousness it is further subdivided into Buddhic and Krishnic consciousness. To achieve Cosmic consciousness, one must resolve Buddhic and Krishnic consciousness into one consciousness. This is done by transcending and blending them to gain access to the "void".

- The white light state is the birthplace of what the ancients called Leo which is the beginning of Christ consciousness. There are four major subdivisions of Christ consciousness, each denoting a distinct manifestation of constituent facets of the archetypal Universal Christ principle. (To date in this new cycle of the 26,000 year long "cycle of the Ages", we have only seen one of the four facets.) However, as in Cosmic consciousness, Christ consciousness, in its pre-Christ form, is also subdivided into two major components, namely Buddhic and Krishnic consciousness. Again, as in Cosmic consciousness, these two basic ingredients play a major role. To achieve Christ consciousness, one must resolve Buddhic and Krishnic consciousness into one consciousness. This is done by transcending and blending them to gain

access to the "Light".

- Ascending vibration upon the "ether" (from the void to the white light state) is called Buddhic consciousness. The action of going from the void towards white light is part of the nature of Sagittarius. Buddhic consciousness is a temporary state of consciousness that continuously resolves into Krishnic consciousness and back again to Buddhic consciousness as an endless circular event.

- Descending vibration upon the "ether" (coming from the white light state to the void) is called Krishnic consciousness. The action of going from white light towards the void is part of the nature of what the ancients called Aries. Krishnic consciousness is a temporary state of consciousness that continuously resolves into Buddhic consciousness and back again to Krishnic consciousness as an endless circular event.

By the above definitions, we see that Cosmic consciousness was associated with Sagittarius. Sagittarius is the "Mother" principle, as compared to Aries as the "Father" principle, and Leo as the Universal child or "Son" principle. In earlier definitions, we said that the major difference between Christ and Cosmic consciousness was one of position. Where Christ consciousness is always internalized, Cosmic consciousness is always externalized! For example, in the chart below, you can see that every Sign of the Zodiac comes under the heading of the Christ! Everything else is considered Cosmic consciousness. But what everything else? It seems that everything is consumed by the Christ as component parts. How can there be something else when we have accounted for all of the parts? By understanding this question, we will solve one of the greatest mysteries in human consciousness, that of dichotomy, or the existence of paradox in the form of diametrically opposed opposites existing at the same time in the same place, made out of the same components, while being relatively unaware of one another!

Consider, for a moment, the idea of Christ consciousness as being internal, as opposed to Cosmic consciousness as being external. What does

this mean exactly? How does this relate to our everyday existence? If we look to our physical bodies for examples, we know that we have a physical body, and it has a centralized consciousness we call our "self". In addition to this, our body has the ability to move and experience "time". From our previous studies you should be able to spot the Christ principle as being connected with the centralized consciousness. This is the part we consider as ourselves. We have a name, likes and dislikes, and memories of our past experiences, and hopes and desires for the future. Furthermore, we reside in a physical body which enables us to move around and have physical contact with the outside world.

If the internal part of us represents the Christ principle, then by definition, everything else would have to be associated with the Cosmic principle. If you look closely at the juxtaposition of Christ and Cosmic principles, you will see several dichotomies which I have listed below:

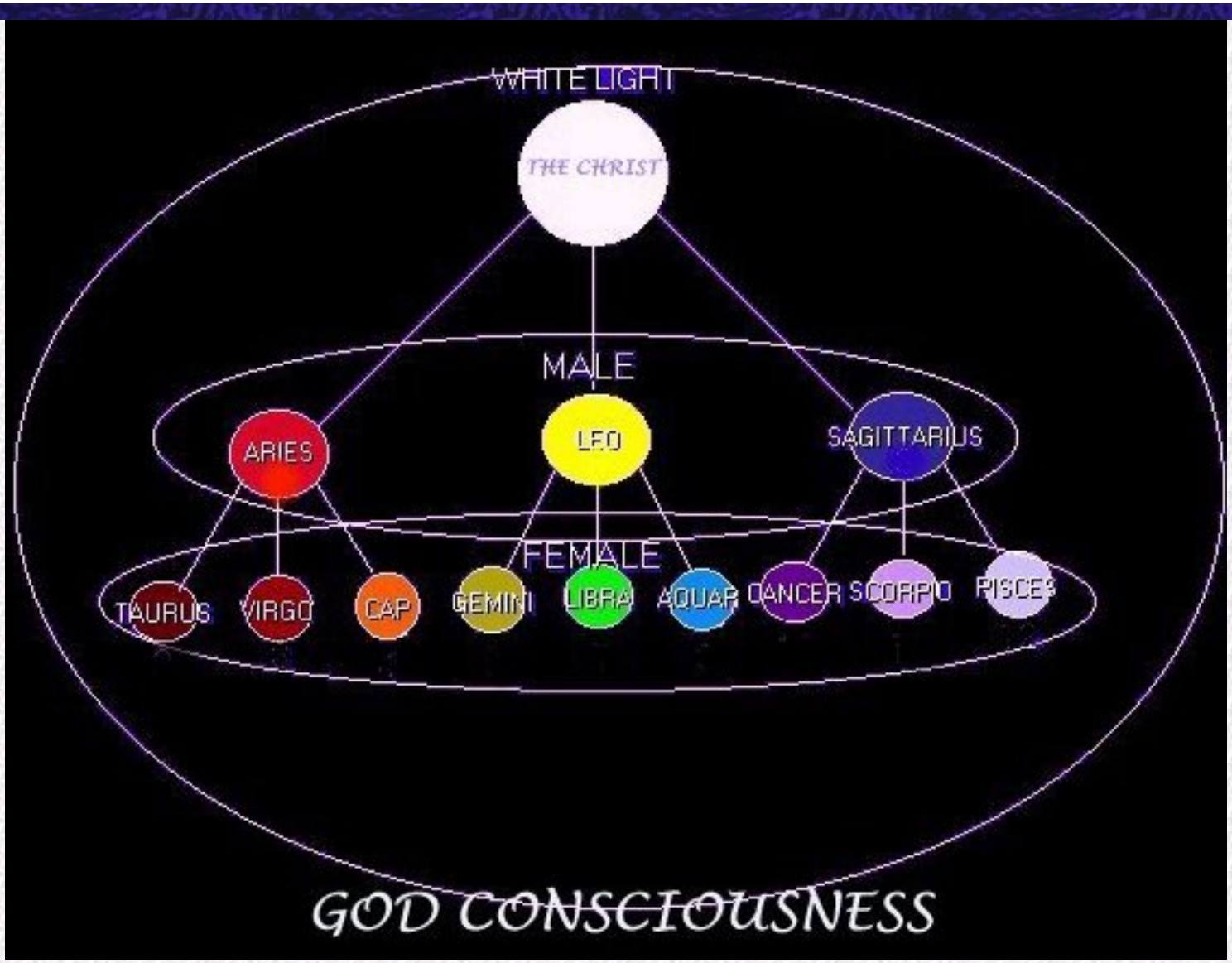
- First: We have the dichotomy or polarization of the Christ and Cosmic principles. These are, by previous definition, two halves of God consciousness.
- Second: We have the resolved dichotomy or polarization within the Cosmic principle. This resolved internal dichotomy leading to external awareness is a main characteristic of Cosmic consciousness. We have seen this previously as a polarization of Buddhic and Krishnic consciousness, and again as a polarization of Sagittarius and Aries as principles. Here in the example of our body, the delineation is less clear cut, but is still a good and valid example. If you look carefully, you will see that what is left after we remove the Christ principle from our body, is the physical body itself, and its ability to move. If we can separate the physical body from its abilities, then, suddenly, we see the Cosmic dichotomy!

  Universal Christ consciousness, once it is accessed, is full blown, perfect and complete. Nothing can be missing or it would no longer be Christ consciousness! Universal Cosmic consciousness, on the other hand, is made from myriad pieces and parts in an unending process of work and self discovery.

- Third: We have the unresolved external dichotomy or polarization with Cosmic consciousness, which is essential to the Christ principle. This unresolved external dichotomy is a main characteristic of Christ consciousness. In other words, Christ consciousness is consummately familiar with the light and not the void.

To further understand the resolved dichotomy within Cosmic consciousness, we need to pursue the differences between physical form (in this case, our physical body), and its ability to move. In other words, the difference between "form" and "motion". From prior definitions we said that all outward motion fell under the Aries/Krishnic principles, while physical form fell under the Sagittarius/Buddhic principles. We can also extrapolate from definitions above that what is left after removing the Christ/Leo principle, is the Krishnic/Aries principle, which represents one half of the dichotomy within the Cosmic principle (motion), and the Buddhic/sagittarius principle (form), as the other half.

If you will look at the chart below for a moment, I believe we can finalize the basic difference between Christ and Cosmic consciousness.



Think of yourself as being inside of each globe on the chart as individual and separate kinds of consciousness. Then think of yourself as being inside all of the globes at the same time as a collective consciousness. We know by definition that this is Christ consciousness, the ability to experience form from the inside. What might not have been stressed is the inability of Christ consciousness to experience states of being from the outside of form!

Now think of yourself as being on the outside of each globe, both individually and collectively, without access to the inside. Forever centerless! This is the essence of Cosmic consciousness.

Then what is so different and great about Cosmic consciousness? The reason it is as great but different as compared to Christ consciousness, for

example, is that it provides a seamless cohesiveness to an infinite universe that is not found in Christ consciousness. It gives access to the cosmos through an ever growing universal understanding that is both great in its diversity, and in its ability to resolve that diversity into perfect unity, instantly finding order in the place of chaos! To better understand these two underlying components of God consciousness, is to better understand God consciousness!

This concludes this Excerpt.

--END--

Next Excerpt

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A COURSE IN TIME TRAVEL

Excerpt Fifty-Two

DETAILED EXAMINATION OF CONSCIOUSNESS

(Continued)

GOD CONSCIOUSNESS

As has been stated previously in the "A Course in Time Travel", our goal is the never ending pursuit of God consciousness. It is never ending because there is no end to the possibilities and levels of "Being" that can be experienced. Mystics who have experienced some little of what is available have all been at a loss to even begin to express what happened to them! As we have said, God consciousness is a perfectly balanced array of all other consciousness and viewpoints. This basic combined viewpoint once achieved can be continually enhanced as to quality (intensity of Christ consciousness), ability and understanding.

HOW IS GOD CONSCIOUSNESS DIFFERENT FROM ITS' COMPONENTS?

In our final examination of consciousness in this series on the various kinds of consciousness, we will take a look at why God consciousness is superior to any other kind of consciousness, and summarize its distinguishing features.

As we have seen in the last few Excerpts, there are four major components of God consciousness, namely; Christ, Cosmic, Krishnic and Buddhic. We have seen how each is an integral part of God consciousness, and how each differed from the other. Although we have seen many indications of what God consciousness is, in this Excerpt we will gather together those qualities and definitions into one place for purposes of reference and further understanding.

Let us begin by listing the components of God consciousness.

COMPONENTS OF GOD CONSCIOUSNESS

1. Christ consciousness (See Excerpt 17)
2. Cosmic consciousness (See Excerpt 18)
3. Buddhic consciousness (See Excerpt 19)
4. Krishnic consciousness (See Excerpt 20)

In God consciousness, we see an interplay of all of these consciousness as being inseparable. This interplay and fusion of consciousness into a single entity that gestalts far beyond its individual components, is probably the most distinguishing feature of God consciousness. We have previously defined God consciousness as having the universal qualities of:

Omniscience, defined as:

Having total knowledge; knowing everything. --om·nis·cient n.

One having total knowledge.

Omnipresence, defined as:

Present everywhere simultaneously.
Omnipotence, defined as:
Having unlimited or universal power, authority, or force; all-powerful. --om·nip·o·tent n.
One having unlimited power or authority. .

However, for the individual, the above qualities exist as potential that can never fully be reached! The reason for this is in the definition of the unlimited potential for us as individual beings in our pursuit of God consciousness.

In simpler terms, one of the most wonderful things about coming into God consciousness is the fact that we are finite beings expanding into unlimited potential. It seems then, that we, as finite beings, need a more specific set of definitions then has previously been given.

SPECIFIC DEFINITIONS FOR GOD CONSCIOUSNESS
(As pertains to Human Beings)

1. Un-attainable
2. As having unlimited levels of realization.
3. And as being an on going process rather than something one attains all at once.

This means that no two persons who attain God consciousness will probably be at the exact same level of understanding and mastery at the same time!. (Encouraged differences and variety in consciousness continues to be a central theme, even in God consciousness). It also means that probably no two persons will process God consciousness at the same rates of realization. (There is an upper limit as to the absolute rate of realization, which is termed "instantaneous". In an unlimited and infinite medium, expansion/contraction from a single point, such as occurs with in the consciousness of an individual, "instantaneous" becomes finite and measurable. If my understanding is correct, this state of instantaneousness is a natural part of the 13d. (As a convenient measure, I have referred to this as

expanding (out/in) at the "speed of light", however, this in no way is meant to limit the definition of unlimited.)

How can a person come into the process of being "God conscious" and still function in the "real world"? As we approach the Thirteenth dimension, which I have glimpsed and believe to be a most perfect state of existence, anything less than God consciousness would prohibit one from existing in this long sought after "Heaven on Earth". They seem to go hand in hand. I have stressed in "observing the paradoxes" to maximize your 3d experience by being all that you can be from moment to moment, while at the same time staying detached from the results. Considering this, coming into a state of God consciousness should greatly enhance your 3d experience, rather than cascading it into an untenable situation! In fact, if you believe yourself to have attained levels of God consciousness, and are experiencing dark realities and reactions to your efforts, then you might consider that you may have deluded yourself into believing something that is not true by definition!

Remember that your TTO has its own agenda. High on its list of priorities is manifesting through you in a state of God consciousness, and that of achieving the 13d. (Given that this is already done in multi-dimensional time, however, not yet on your current linear timeline.)

This concludes our series on the various types of Consciousness. It was in no way meant to be exhaustive, but rather as a reference and guideline for the lay person interested in pursuing expanded states of consciousness.

Thank you for your persistence :)

--END--

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A Course In Clairvoyance
and Occult Powers

By Swami Panchadasi

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Its Laws and Principles

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CLAIRVOYANCE and OCCULT POWERS

LESSON ONE

(Page One)

PSYCHIC INFLUENCE; ITS LAWS AND PRINCIPLES

One of the phases of psychic phenomena that actively engage the attention of the student from the very beginning is that which may be called Psychic Influence. By this term is meant the influencing of one mind by another--the effect of one mind over another. There has been much written and said on this phase of the general subject in recent years, but few writers, however, have gone deeply into the matter.

In the first place, most of the writers on the subject seek to explain the whole thing by means of ordinary telepathy. But this is merely a one-sided view of the truth of the matter. For, while ordinary telepathy plays an important part in the phenomena, still the higher form of telepathy, i.e., astral thought-transference, is frequently involved.

At this point, however, I must ask the student to consider the idea of psychic vibrations and their inductive power. It is a great principle of

occultism, as well as of modern science, that everything is in a state of vibration-everything has its own rate of vibration, and is constantly manifesting it. Every mental state is accompanied by vibration of its own plane: every emotional state or feeling has its own particular rate of vibration. These rates of vibrations manifest just as do the vibrations of musical sound which produce the several notes on the scale, one rising above the other in rate of vibration. But the scale of mental and emotional states is far more complex, and far more extended than is the musical scale; there are thousands of different notes, and half-notes, on the mental scale. There are harmonies and discords on that scale, also.

To those to whom vibrations seem to be something merely connected with sound-waves, etc., I would say that a general and hasty glance at some elementary work on physical science will show that even the different shades, hues and tints of the colors perceived by us arise from different rates of vibrations. Color is nothing more than the result of certain rates of vibrations of light recorded by our senses and interpreted by our minds.

From the low vibrations of red to the high vibrations of violet, all the various colors of the spectrum have their own particular rate of vibration. And, more than this, science knows that below the lowest red vibrations, and above the highest violet vibrations, there are other vibrations which our senses are unable to record, but which scientific instruments register. The rays of light by which photographs are taken are not perceived by the eye. There are a number of so-called chemical rays of light which the eye does not perceive, but which may be caught by delicate instruments.

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LESSON ONE

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PSYCHIC INFLUENCE; ITS LAWS AND PRINCIPLES (Continued)

There is what science has called "dark light," which will photograph in a room which appears pitch dark to the human sight. Above the ordinary scale of light vibrations are the vibrations of the X-Rays and other fine forces--these are not perceived by the eye, but are caught by delicate instruments and recorded. Moreover, though science has not as yet discoverd the fact, occultists know that the vibrations of mental and emotional states are just as true and regular as are those of sound or light, or heat.

Again, above the plane of the physical vibrations arising from the brain and nervous system, there are the vibrations of the astral counterparts of these, which are much higher in the scale. For even the astral faculties and organs, while above the physical, still are under the

universal rule of vibration, and have their own rate thereof. The old occult axiom: "As above, so below; as below . . . so above" is always seen to work out on all planes of universal energy.

Closely following this idea of the universality of vibrations, and intimately connected there-with, we have the principle of "induction," which is likewise universal, and found manifesting on all planes of energy. "What is induction?" you may ask. Well, it is very simple, or very complex-just as you may look at it. The principle of induction (on any plane) is that inherent quality or attribute of energy by which the manifestation of energy tends to reproduce itself in a second object, by setting up corresponding vibrations therein, though without direct contact of the two objects.

Thus, heat in one object tends to induce heat in another object within its range of induction- the heated object "throws off" heat vibrations which set up corresponding vibrations in the near-by second object and make it hot. Likewise, the vibrations of light striking upon other objects render them capable of radiating light. Again, a magnet will induce magnetism in a piece of steel suspended nearby, though the two objects do not actually touch each other. A coil of wire, for example, to which electrical current is applied, will, by magnetic induction, cause current to flow in another coil of wire situated some distance away. A note sounded on the piano, or violin, will cause a glass or vase in some distant part of the room to vibrate and "sing," under certain conditions. And, so on, in every form or' phase of the manifestation of energy do we see the principle of induction in full operation and manifestation.

On the plane of 'ordinary thought and emotion, we find many instances of this principle of induction. We know that one person vibrating strongly with happiness or sorrow, cheerfulness or anger, as the case may be, tends to communicate his feeling and emotional state to those with whom he comes in contact. All of you have seen a whole

room full of persons affected and influenced in this way, under certain circumstances. You have also seen how a magnetic orator, preacher, singer or actor is able to induce in his audience a state of emotional vibration corresponding to that manifested by himself. In the same manner the "mental atmospheres" of towns, cities, etc., are induced.

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LESSON ONE

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PSYCHIC INFLUENCE; ITS LAWS AND PRINCIPLES (Continued)

A well-known writer on this subject has truthfully told us: "We all know how great waves of feeling spread over a town, city or country, sweeping people off their balance. Great waves of political enthusiasm, or war-spirit, or prejudice for or against certain persons, sweep over places and cause men to act in a manner that they will afterward regret when they come to themselves and consider their acts in cold blood. They will be swayed by demagogues or magnetic leaders who wish to gain their votes or patronage; and they will be led into acts of mob violence, or similar atrocities, by yielding to these waves of contagious thought. On the other hand, we all know how great waves of religious feeling sweep over a community upon the occasion of some great 'revival' excitement or fervor."

These things being perceived, and recognized as true, the next question that presents itself to the mind of the intelligent student is this: "But what causes the difference in power and effect between the thought and feeling-vibrations of different persons?" This question is a valid one, and arises from a perception of the underlying variety and difference in the thought vibrations of different persons. The difference, my students, is caused by thrce principal facts, as stated below.

(1) difference in degree of feeling;
(2) difference in degree of visualization; and
(3) difference in degree of concentration.

Let us examine each of these successively, so as to get at the underlying principle.

The element of emotional feeling is like the element of fire in the production of steam. The more vivid and intense the feeling or emotion, the greater the degree of heat and force to the thought wave or vibratory stream projected. You will begin to see why the thought vibrations of those animated and filled with strong desire, strong wish, strong ambition, etc., must be more forceful than those of persons of the opposite type. The person who is filled with a strong desire, wish or ambition, which has been fanned into a fierce blaze by attention, is a dynamic power among other persons, and his influence is felt. In fact, it may be asserted that as a general rule no person is able to influence men and things unless he have a strong desire, wish or ambition within him.

The power of desire is a wonderful one, as all occultists know, and it will accomplish much even if the other elements be lacking; while, in proper combination with other principles it will accomplish wonders. Likewise, a strong interest in a thing will cause a certain strength to the thought-vibrations connected therewith. Interest is really an emotional feeling, though we generally think of it as merely something connected with the intellect. A cold intellectual thought has very little force, unless backed up by strong interest and concentration. But any intellectual thought backed up with interest, and focused by concentration, will

produce very strong thought vibrations, with a marked inductive power.

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LESSON ONE

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PSYCHIC INFLUENCE; ITS LAWS AND PRINCIPLES
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Now, let us consider the person who wishes to accomplish anything, or who expects to do good work along any line, must first know what he wishes to accomplish. In the degree that he is able to see the thing in his imagination--in that degree will he tend to manifest the thing itself in material form and effect.

Sir Francis Galton, an eminent authority upon psychology, says on this point: "The free use of a high visualizing faculty is of much importance in connection with the higher processes of generalized thought. A visual image is the most perfect form of mental representation wherever the shape, position, and relations of objects to space are concerned. The best workmen are those who visualize the whole of what they propose to do before they take a tool in their bands.

Strategists, artists of all denominations, physicists who contrive new experiments, and, in short, a1l who do not follow routine, have need of it. A faculty that is of importance in all technical and artistic occupations, that gives accuracy to our perceptions and justice to our generalizations, is starved by lazy disuse instead of being cultivated judiciously in such a way as will, on the whole, bring best return. I believe that a serious study of the best way of developing and utilizing this faculty, without prejudice to the practice of abstract thought in symbols, is one of the pressing desirata in the yet unformed science of education."

Not only on the ordinary planes is the forming of strong mental images important and useful, but when we come to consider the phenomena of the astral plane we begin to see what an portant part is played there by strong mental images or visualized ideas. The better you know what you desire, wish or aspire to, the stronger will be your thought vibrations of that thing, 0f course. Well, then, the stronger that you are able to picture the thing in your mind-to visualize it to yourself-the stronger will be your actual knowledge and thought-form of that thing. Instead of your thought vibrations being grouped in nebulous forms, lacking shape and distinct figure, as in the ordinary case; when you form strong, clear mental images of what you desire or wish to accomplish, then do the though vibrations group themselves in clear, strong distinct forms. This being done, when the mind of other persons are affected by induction they get the clear idea of the thought and feeling in your mind, and are strongly influenced thereby.

A little later on, I shall call your attention to the Attractive Power of Thought. But at this point I wish to say to you that while thought certainly attracts to you the things that you think of the most, still the power of the.attracion depends very materially upon the clearness and distinctness of the mental image, or thought visualization, of the desired thing that you have set up in your mind. The nearer you can actually see the thing as you wish it to happen, even to the general details, the

stronger will be the. attractive force thereof. But, I shall leave the discussion of this phase of the subject until I reach it in its proper order.

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LESSON ONE

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PSYCHIC INFLUENCE; ITS LAWS AND PRINCIPLES (Continued)

For the present, I shall content myself with urging upon you the importance of a clear mental image, or visualized thought, in the matter of giving force and direction to the idea induced in the minds of other persons. In order for the other persons to actually perceive clearly the idea or feeling induced in them, it is necessary that the idea or feeling be strongly visualized in the mind originating it; that is the whole thing in one sentence.

The next point of importance in thought-influence by induction, is that which is concerned with the process of concentration. Concentration is the act of mental focusing, or bringing to a single point or centre. It is like the work of the magnifying-glass that converges the rays of the sun to a single tiny point, thus immensely increasing its heat

and power. Or, it is like the fine point of a needle that will force its way through where a blunt thing cannot penetrate. Or, it is like the strongly concentrated essence of a chemical substance, of which one drop is as powerful as one pint of the original thing. Think of the concentrated power of a tiny drop of attar of roses---it has within its tiny space the concentrated fragrance of thousands of roses; one drop of it will make a pint of extract, and a galon of weaker perfume! Think of the concentrated power in a lightning flash, as contrasted with the same amount of electricity diffused over a large area. Or, think of the harmless flash of a small amount of gunpowder ignited in the open air, as contrasted with the ignition of the same amount of powder compelled to escape through the small opening in the gun-barrel.

The occult teachings lay great stress upon this power of mental concentration. All students of the occult devote much time and care to the cultivation of the powers of concentration, and the development of the ability to employ them The average person possesses but a very small amount of concentration, and is able to concentrate his mind for but a few moments at a time. The trained thinker obtains much of his mental power from his acquired ability to concentrate on his task. The occultist trains himself in fixing his concentrated attention upon the matter before him, so as to bring to a focal centre all of his mental forces.

The mind is a very restless thing, and is inclined to dance from one thing to another, tiring of each thing after a few moment's consideration thereof The average person allows his involuntary attention to rest upon every trifiing thing, and to be distracted by the idlest appeals to the senses. He finds it most difficult to either shut out these distracting appeals to the senses, and equally hard to hold the attention to some uninteresting thing. His attention is almost free of control by the will, and the person is a slave to his perceptive powers and to his imagination, instead of being a master of both.

The occultist, on the contrary, masters his attention, and controls his imagination. He forces the one to concentrate when he wishes it to do so; and he compels the latter to form the mental images he wishes to visualize. But this a far different thing from the self-hypnotization which some persons imagine to be concentration.

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LESSON ONE

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PSYCHIC INFLUENCE; ITS LAWS AND PRINCIPLES
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A writer on the subject has well said: "The trained occultist will concentrate upon a subject or object with a wonderful intensity, seemingly completely absorbed in the subject or object before him, and oblivious to all else in the world. And yet, the task accomplished, or the given time expired, he will detach his mind from the object and will be perfectly fresh, watchful and wide-awake to the next matter before him. There is every difference between being controlled by involuntary attention, which is species of self-hypnotization, and the control of the attention, which is an evidence of mastery." An eminent French psychologist once said: "The authority of the attention is subject to the superior authority of the Ego. I yield it, or I withhold it, as I please. I direct it in turn to several points. I concentrate it upon each point, as long as my will can stand the effort."

In an earlier lesson of this series, I have indicated in a general way the methods whereby one may develop and train his powers of concentration. There is no royal road to concentration; it may be developed only by practice and exercise. The secret consists in managing the attention, so as to fix it upon a subject, no matter how uninteresting; and to hold it there for a reasonable length of time. Practice upon some disagreeable study or other task is good exercise, for it serves to train the will in spite of the influence of more images he wishes to visualize. But this a far different thing from the self-hypnotization which some persons imagine to be concentration.

So, as you see, in order to be successful in influencing the minds of others by means of mental induction, you must first cultivate a strong feeling of interest in the idea which you wish to induce in the other person, or a strong desire to produce the thing. Interest and desire constitute the fire which generates the stream of will from the water of mind, as some occultists have stated it. Secondly, you must cultivate the faculty of forming strong and clear mental images of the idea or feeling you wish to so induce; you must learn to actually "see" the thing in your imagination, so as to give the idea strength and clearness. Thirdly, you must learn to concentrate your mind and attention upon the idea or feeling, shutting out all other ideas and, feelings for the time being; thus you give concentrated force and power to the vibrations and thought-forms which you are projecting.

These three principles underlie all of the many forms of mental induction, or mental influence. We find them in active operation in cases in which the person is seeking to attract to himself certain conditions, environment, persons, things, or channels of expression, by setting into motion the great laws of mental attraction. We see them also employed when the person is endeavoring to produce' an effect upon the mind of some particular person, or number of persons. We see them in force in all cases of mental or psychic healing, under whatever form it may be employed. In short, these are general principles, and must

therefore underlie all forms and phases of mental or psychic influence. The sooner the student realizes this fact, and the more actively does he set himself to work in cultivating and developing these principles within himself, the more successful and efficient will he become in this field of psychic research and investigation. It is largely in the degree of the cultivation of these three mental principles that the occultist is distinguished from the ordinary man.

It may be that you are not desirous of cultivating or practicing the power of influencing other persons psychically. Well, that is for you to decide for yourself. At any rate, you will do well to develop yourselves along these lines, at least for self-protection. The cultivation of these three mental principles will tend to make you active and positive, psychically, as contrasted with the passive, negative mental state of the average person. By becoming mentally active and positive you will be able to resist any psychic influence that may be directed toward yourself and to surround yourself with a protective aura of positive, active mental vibrations.

And, moreover, if you are desirous of pursuing your investigations of psychic and astral phenomena, you will find it of great importance to cultivate and develop these three principles in your mind. For, then you will be able to brush aside all distracting influences, and to proceed at once to the task before you, with power, clearness and strength of purpose and method.

In the following chapters I shall give you a more or less detailed presentation of the various phases or forms of psychic influence. Some of these may seem at first to be something independent of the general principles. But I ask that you carefully analyze all of these, so as to discover that the same fundamental principles are under and back of each and every instance presented. When you once fully grasp this fact, and perfect yourselves in the few fundamental principles, then you are well started on the road to mastery of all the various phases of psychic

phenomena. Instead of puzzling your mind over a hundred different phases of disconnected phenomena, it is better to master the few actual elementary principles, and then reason deductively from these to the various manifestation thereof. Master the principles, and then learn to apply them.

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PERSONAL PSYCHIC INFLUENCE OVER OTHERS

Psychic Influence, as the term is used here, may be said to be divided into three general classes as shown below:

1. Personal Influence, in which the mind of another is directly influenced by induction while he is in the presence of the person influencing;
2. Distant Influencing, in which the psychic induction is directly manifested when the persons concerned are distant from one another; and
3. Indirect Influence, in which the induction is manifested in the minds of various persons coming in contact with the thought vibrations of the person manifesting them, though no attempt is made to directly influence any particular person. I shall now present each of these three forms of psychic influence to you for

consideration, one after the other in the above order.

Personal Influence, as above defined, ranges from cases in which the strongest control (generally known as hypnotism) is manifested, down to the cases in which merely a slight influence is exerted. But the general principle underlying all of these cases is precisely the same. The great characters of history, such as Alexander the Great, Napoleon Bonaparte, and Julius Caesar) manifested this power to a great degree, and were able to sway men according to their will. All great leaders of men have this power strongly manifested, else they would not be able to influence the minds of men. Great orators, preachers, statesmen, and others of this class, likewise manifest the power strongly. In fact, the very sign of ability to influence and manage other persons is evidence of the possession and manifestation of this mighty power.

In developing this power to influence others directly and personally, you should begin by impressing upon your mind the principles stated earlier, namely:

1. Strong Desire
2. Clear Visualization; and
3. Concentration.

You must begin by encouraging a strong desire in your mind to be a positive individual; to exert and manifest a positive influence over others with whom you come in contact, and especially over those whom you wish to influence in some particular manner or direction. You must let the fire of desire burn fiercely within you, until it becomes as strong as physical hunger or thirst. You must "want to" as you want to breathe, to live. You will find that thc men who accomplish the great things in life are those who have strong desire burning in their hearts. There is a strong radiative and inductive power in strong desire and wish---in fact, some have thought this the main feature of what we generally call strong will-power.

The next step, of course, is the forming of a clear, positive, distinct and dynamic mental picture of the idea or feeling that you wish to induce in the other person. If it is an idea, you should make a strong clear picture of it in your imagination, so as to give it distinctness and force and a clear outline.

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LESSON TWO

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PERSONAL PSYCHIC INFLUENCE OVER OTHERS (Continued)

If it is a feeling, you should picture it in your imagination. If it is something that you wish the other person to do, or some way in which you wish him to act, you should picture him as doing the thing, or acting in that particular way. By so doing you furnish the pattern or design for the induced mental or emotional states you wish to induce in the other person. Upon the clearness and strength of these mental patterns of the imagination depends largely the power of the induced impression.

The third step, of course, is the concentration of your mind upon the impression you wish to induce in the mind of the other person. You must learn to concentrate so forcibly and clearly that the idea will stand out clearly in your mind like a bright star of a dark night, except that

there must be only one star instead of thousands. By so doing you really focus the entire force of your mental and psychic energies into that one particular idea or thought. This makes it act like the focused rays in the magnifying-glass, or like the strong concentrated stream of water that will break down the thing upon which it is turned. Diffused thought has but a comparatively weak effect, whereas a concentrated stream of thought vibrations will force its way through obstacles.

Remember, always, this threefold mental condition:

1. STRONG DESIRE;
2. CLEAR MENTAL PICTURE; and
3. CONCENTRATED THOUGHT.

The greater the degree in which you can manifest these three mental conditions, the greater will be your success in any form of psychic influence, direct or indirect, personal or general, present or distant. Before you proceed to develop the power to impress a particular idea or feeling upon the mind of another person, you should first acquire a positive mental atmosphere for yourself. This mental atmosphere is produced in precisely the same way that you induce a special idea or feeling in the mind of the other person. That is to say, you first strongly desire it, then you clearly picture it, and then you apply concentrated thought upon it.

I will assume that you are filled with the strong desire for a positive mental atmosphere around you. You want this very much indeed, and actually crave and hunger for it. Then you must begin to picture yourself (in your imagination) as surrounded with an aura of positive thought-vibrations which protect you from the thought forces of other persons, and, at the same time impress the strength of your personality upon the persons with whom you come in contact. You will be aided in making these strong mental pictures by holding the idea in your concentrated thought, and, at the same time, silently stating to your

mind just what you expect to do in the desired direction. In stating your orders to your mind, always speak as if the thing were already accomplished at that particular moment. Never say that it "will be," but always hold fast to the "it is." The following will give you a good example of the mental statements, which of course should be accompanied by the concentrated idea of the thing, and the mental picture of yourself as being just what you state.

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LESSON TWO

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PERSONAL PSYCHIC INFLUENCE OVER OTHERS (Continued)

Here is the mental statement for the creation of a strong, positive psychic atmosphere: "I am surrounded by an aura of strong, positive, dynamic thought-vibrations. These render me positive to other persons, and render them negative to me. I am positive of their thought-vihrations, but they are negative to mine. They feel the strength of my psychic atmosphere, while I easily repel the power of theirs. I dominate the situation, and manifest my positive psychic qualities over theirs. My atmosphere creates the vibration of strength and power on all sides of me, which affect others with whom I come in contact.

"MY PSYCHIC ATMOSPHERE IS STRONG AND POSITIVE!"

The next step in Personal Influence is that of projecting your

psychic power directly upon and into the mind of the other person whom you wish to influence. Sometimes, if the person is quite negative to you, this is a very simple and easy matter; but where the person is near your own degree of psychic positiveness you will have to assert your psychic superiority to him, and get the psychic "upper hand" before you can proceed further. This is accomplished by throwing into your psychic atmosphere some particularly strong mental statements accompanied by clear visualizations or mental pictures.

Make positive your psychic atmosphere, particularly towards the person whom you seek to influence, by statements and pictures something along the following lines:

"I am positive to this man"; "He is negative to me"; "He feels my power and is beginning to yield to it"; "He is unable to influence me in the 'slightest, while I can influence him easily"; "My power is beginning to operate upon his mind and feelings."

The exact words are not important, but the idea behind them gives them their psychic force and power. Then should you begin your direct attack upon him, or rather upon his psychic powers. When I say "attack," I do not use the word in the sense of warfare or actual desire to harm the other person-this is a far different matter. What I mean to say is that there is usually a psychic battle for a longer or shorter period between two persons of similar degrees of psychic power and development. From this battle one always emerges victor at the time, and one always is beaten for the time being, at least. And, as in all battles, victory often goes to him who strikes the first hard blow. The offensive tactics are the best in cases of this kind.
(Note: It is important to know that the above battle takes place with everyone you meet, whether you are aware of it or not! Do you find yourself trying to be pleasant by saying "Oh, it doesn't matter, I'm easy!" Or, whatever you decide is fine with me." These are psychic battles you have forfeited before they even got started! Listen to what

you say, you may be giving away your power and not even know it! This may sound simple and unimportant, and maybe it really doesn't matter in these kinds of situations, but you set a pattern for losing the really important battles later on! You may think to yourself that you can turn on the fire whenever you need it, but think back about important situations where you didn't or couldn't! At those times, the moment you should have asserted yourself was quickly gone and the battle was lost forever! It is important to remember that you never have to feel guilty for having desires!
You can have fun asserting yourself on unimportant matters. Try it the next time you are with someone. Make it a game and see how the other person reacts to you? And you can still be pleasant while you are doing it, no one likes a bully! The trick is to do it in such a way that they are not aware of it. They may even think it was their idea.)

A celebrated American author, Oliver Wendall Holmes, in one of his books makes mention of these duels of psychic force between individuals, as follows: "There is that deadly Indian hug in which men wrestle with their eyes, over in five seconds, but which breaks one of their two backs, and is good for three-score years' and ten, one trial enough-settles the whole matter-just as when two feathered songsters of the barnyard, game and dunghill, come together. After a jump or two, and a few sharp kicks,there is an end to it; and it is 'After you, monsieur' with the beaten party in all the social relations for all the rest of his days."

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An English physician, Dr. Fothergill by name, wrote a number of years ago about this struggle of wills, as he called it, but which is really a struggle of psychic power. He says: "The conflict of will, the power to command others, has been spoken of frequently. Yet what is this will-power that influences others? What is it that makes us accept, and adopt too, the advice of one person; while precisely the' same advice from another has been rejected? Is it the weight of force of will which insensibly influences us; the force of will behind the advice? That is what it is! The person who thus forces his or her advice upon us has.no more power to enforce it than others, but all the same we do as requested. We accept from one what we reject from another. One person says of something contemplated, 'Oh, but you must not,' yet we do it all the same, though that person may be in a position to make us

regret the rejection of that counsel. Another person says, 'Oh, but you mustn't,' and we desist, though we may, if so disposed, set this latter person's opinion at defiance with impunity. It is not the fear of consequences, nor of giving offense, which determines the adoption of the latter person's advice, while it has been rejected when given by the first. It depends upon the character or will-power of the individual advising whether we accept the advice or reject it. This character often depends little, if at all, in some cases, upon the intellect, or even upon the moral qualities, the goodness or badness, of the individual. It is itself an imponderable something; yet it carries weight with it. There may be abler men, cleverer men; but it is the one possessed of will who rises to the surface at these times-the one who can by some subtle power make other men obey him.

"The will-power goes on universally. In the young aristocrat who gets his tailor to make another advance in defiance of his conviction that he will never get his money back. It goes on between lawyer and client; betwixt doctor and patient; between banker and borrower; betwixt buyer and seller. It is not tact which enables the person behind the counter to induce customers to buy what they did not intend to buy, and which bought, gives them no satisfaction, though it is linked therewith for the effort to be successful.

Whenever two persons meet in business, or in any other relation in life, up to love-making, there is this will-fight going on, commonly enough without any consciousness of the struggle. There is a dim consciousness of the result, but none of the processes. It often takes years of the intimacy of married life to find out with whom of the pair the mastery really lies. Often the far stronger character, to all appearances, has to yield; it is this will-element which underlies the statement: 'The race is not always to the swift, nor the battle to the strong.' In 'Middle- march' we find in Lydgate a grand aggregation of qualities, yet shallow, hard, selfish Rosamond masters him thoroughly in the end.

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He was not deficient in will-power; possessed more than an average amount of character; but in the fight he went down at last under the onslaught of the intense, stubborn will of his narrow-minded spouse. Their will contest was the collision of a large warm nature, like a capable human hand, with a hard, narrow selfish nature, like a steel button; the hand only bruised itself while the button remained unaffected."

You must not, however, imagine that every person with whom you engage in one of these psychic duels is conscious of what is going on. He usually recognizes that some sort of conflict is under way, but he does not know the laws and principles of psychic force, and so is in the dark regarding the procedure. You will find that a little practice of this

kind, in which no great question is involved, will give you a certain knack or trick of handling your psychic forces, and will, besides, give you that confidence in yourself that comes only from actual practice and exercise. I can point out the rules, and give you the principles, but you must learn the little bits of technique yourself from actual practice.

When you have crossed psychic swords with the other person, gaze at him intently but not fiercely, and send him this positive strong thought-vibration: "I am stronger than you, and I shall win!" At the same time picture to yourself your forces beating down his and overcoming him. Hold this idea and picture in your mind "My vibrations are stronger than are yours----I am beating you!" Follow this up with the idea and picture of your psychic foe becoming weakened and giving in--being overpowered! - A very powerful psychic weapon is the following: "My vibrations are scattering your forces-I am breaking your forces into bits-surrender, surrender now, I command you!"

And now for some interesting and- very valuable information concerning "psychic defense". You will notice that in the offensive psychic weapons there is always an assertion of positive statement of your power and its effect. Well, then, in using the psychic defensive weapon against one of strong will or psychic force, you reverse the process. That is to say you deny the force of his psychic powers and forces, and picture them as melting into nothingness. Get this idea well fixed in your mind, for.it is very important in a conflict of this kind. The effect of this is to neutralize all of the other person's power so far as its effect on yourself is concerned-you really do not destroy it in him. totally. You simply render his forces powerless to affect you. This is important not only when in a psychic conflict of this kind, but also when you wish to render yourself immune from the psychic forces of other persons. You may shut yourself up in a strong defensive armor in this way, 'and others will be powerless to affect you:

In the positive statement, say "I deny!" you have instantly errected

a powerful "Shield of Defense", which is a mighty protection to you. Even if you do not feel disposed to cultivate and develop your psychic powers in the direction of influencing others, you should at least develop your defensive powers so as to resist any psychic attacks upon yourself.

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You will find it helpful to practice these offensive and defensive weapons when you are alone, standing before your mirror and "playing" that your reflection in the glass is the other person. Send this imaginary other person the psychic vibrations, accompanied by the mental picture suitable for it. Act the part out seriously and earnestly, just as if the reflected image were really another person. This will give you confidence in yourself, and that indefinable "knack" of handling your psychic weapons that comes only from practice.

You will do well to perfect yourself in these rehearsals, just as you would in case you were trying to master anything else. By frequent earnest rehearsals, you will gain not only familiarity with the process and methods, but you will also gain real power and strength by the

exercise of your psychic faculties which have heretofore lain dormant. Just as you may develop the muscle of your arm by calisthentic exercises, until it is able to perform real muscular work of strength; so you may develop your psychic faculties in this rehearsal work, so that you will be strongly equipped and armed for an actual psychic conflict, besides having learned how to handle your psychic weapons. After you have practiced sufficiently along the general offensive and defensive lines, and have learned how to manifest these forces in actual conflict, you will do well to practice special and specific commands to others, in the same way.

That is to say, practice them first on your reflected image in the mirror. The following commands (with mental pictures, of course) will give you good practice. Go about the work in earnest, and act out the part seriously. Try these exercises: "Hey! look at me!" "Give me your undivided attention!" "Come this way!" "Come to me at once!" "Go away from me-leave me at once!" "You like me-you like me very much!" "You are afraid of me!" "You wish to please me!" "You will agree to my proposition!" "You will do exactly as I tell you!" Any special command you wish to convey to another person, psychically, you will do well to practice before the mirror in this way.

When you have made satisfactory progress in the exercises above mentioned, and are able to demonstrate them with a fair degree of success in actual practice, you may proceed to experiment with persons along the lines of special and direct commands by psychic force. The following will give you a clear idea of the nature of the experiments in question, but you may enlarge upon and vary them indefinitely. Remember there is no virtue in mere words-the effect comes from the power of the thought behind the words. But, nevertheless, you will find that positive words, used in these silent commands will help you to fit in your feeling to the words. Always make the command a real COMMAND, never a mere entreaty or appeal. Assume the mental attitude of a master of men-of a commander and ruler of other men.

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Here follow a number of interesting experiments along these lines, which will be very useful to you in acquiring the art of personal influence of this kind:

SEVEN VALUABLE EXERCISES

Exercise 1: When walking down the street behind a person, make him turn around in answer to your mental command. Select some person who does not seem to be too much rushed or too busy-select some person who seems to having nothing particular on his mind. Then desire earnestly that he shall turn around when you mentally call to him to do so; at the same time picture him as turning around in answer to your call ; and at the same time concentrate your attention and thought firmly upon him. After a few moments of preparatory thought, send him

the following message, silently of course, with as much force, positiveness and vigor as possible: "Hey there! turn around and look at me! Hey! turn around, turn around at once!" While influencing him fix your gaze at the point on his neck where the skull joins it-right at the base of the brain, in the back. In a number of cases, you will find that the person will look around as if someone had actually called him aloud. In other cases, he will seem puzzled, and will look from side to side as if seeking some one. After a little practice you will be surprised how many persons you can affect in this way.

Exercise 2: When in a public place, such as a church, concert or theatre, send a similar message to someone seated a little distance in front of you. Use the same methods as in the first exercise, and you will obtain similar results. It may seem strange to you at first to notice how the other person will begin to fidget and move around in his seat, and finally glance furtively around as if to see what is causing him' the disturbance. You, of course, will not let him suspect that it is you, but,instead will gaze calmly ahead of you, and pretend not to notice him.

Exercise 3: This is a variation of the first exercise. It is practiced by sending to a person approaching you on the street, or walking ahead of you in the same direction, a command to turn to the right, or to the left, as you prefer. You will be surprised to see how often you will be successful in this.

Exercise 4: This is a variation of the second exercise. It is practiced by" sending to a person seated in front of you in a public place the command to look to the right, or to the left, as you prefer. Do not practice on the same person too long, after succeeding at first---remember that it is not right to torment people.

Exercise 5: After having attained proficiency in the foregoing exercises,you may proceed to command a person to perform certain

unimportant motions, such as rising or sitting down, taking off his hat, unbuttoning his coat, laying down an item, etc.

Exercise 6: The next step is to command persons to say some particular word having.no important meaning; to "put words in his mouth" while talking to him. Wait until the other person pauses as if in search of a word, and then suddenly, sharply and forcibly put the word into his mind, silently of course. In a very susceptible person, well under your psychic control, you may succeed in suggesting entire sentences and phrases to him.

Exercise 7: This is the summit of psychic influencing, and, of course, is the most difficult. But you will be surprised to see how well you will succeed in many cases, after you have acquired the knack and habit of sending the psychic message. It consists of commanding the person to obey the spoken command or request that you are about to make to him. This is the art and secret of the, success of many salesmen, solicitors, and others working along the lines of influencing other people. It is acquired by beginning with small things, and gradually proceeding to greater, and still greater. At this point I should warn you that all the best occult teachings warn students against using this power for base ends, improper purposes, etc. Such practices tend to react and rebound against the person using them, like a boomerang. Beware against using psychic or occult forces for improper purposes- the psychic laws punish the offender, just as do the physical laws.

Finally, I caution the student against talking too much about his developing powers. Beware of boasting or bragging about these things. Keep silent, and keep your own counsel. When you make known your powers, you set into operation the adverse and antagonistic thought of persons around you who may be jealous of you, and who would wish to see you fail, or make yourself ridiculous. The wise head keepeth a still tongue! One of the oldest occult maxims is: "Learn! Dare! Do! Keep Silent!!!" You will do well to adhere strictly to this warning caution.

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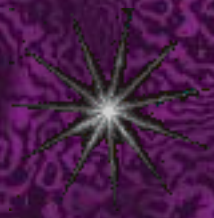

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The second phase of Psychic Influence is the phase called Distant Psychic Influence, in which psychic induction is manifested when the persons are distant in space from one another-not in the presence of each other. Here, of course, we see the principle of telepathy involved in connection with the process of mental induction; and in some cases even the astral telepathic sense is called into operation.

The student who has followed my explanation and course of reasoning in the preceding lessons will readily perceive that the principle involved in this distant phase of psychic influence is precisely the same as that employed in direct personal psychic influence. As I have explained in an early lesson, it matters little whether the space to be covered by the psychic vibratory waves is but one foot or a thousand miles, the principle is exactly the same. There are, of course, other

principles involved in the case of two persons meeting face to face and calling, into force their psychic powers; for instance, there is the element of suggestion and association, and other psycho-logical principles which are not in force when the two persons are out of the actual presence of each other But so far as the telepathic or astral psychic powers are concerned, the mere extension of space does not change the principle.

The student who has developed his power of psychic induction in the phases mentioned psychic induction in the phases mentioned in the preceding chapter, may begin to experiment and practice psychic induction at long-range, if he so wishes. That is to say, instead of causing psychic induction in the minds of persons actually in his presence and sight, he may produce similar results in persons out of his sight and presence. The person may be brought into presence and psychic contact, for all practical purposes, by using the visualizing powers. for the purpose of bringing him into the en rapport condition. That is to say, by using the imagination to bring into the mind a strong clear picture of the other person, you may induce an en rapport condition in which he will be practically in the same psychic relation to you as if he were actually before you. Of course, if he is sufficiently well informed regarding occult matters, he may shut you out by drawing a psychic circle around himself which you cannot penetrate, or by surrounding himself with psychic armor or atmosphere such as I have already mentioned in preceding lessons. But as he will not likely know anything of this, the average person may be reached in the manner just mentioned. Or, you may erect an "astral tube" such, as I will mention a little further on in this chapter, and thus establish a strong en rapport condition.

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Having established the en rapport condition with the other person, and having thus practically brought him into your presence, psychically speaking, you may proceed to send him commands or demands, just as you did in the phase of personal psychic influence previously mentioned. You act precisely as if the other person were present before you, and state your commands or demands to him just as you would were he seated or stauding in your presence. This is the keynote of the whole thing; the rest is simply an elaboration and stating of details of methods, etc. With the correct principle once established, you may apply the same according to your own wishes and discretion.

This phase of distant psychic influence is at the bottom of all the wonderful tales, stories and legends of supernatural powers, witchcraft, sorcery, etc., with which the pages of history are filled. There is of

course always to be found much distortion and exaggeration in these legends and tales, but they have truth at the bottom of them. In this connection, let me call your attention to a very important psychic principle involved. I have told you that by denying the power of any person over you, you practically neutralize his psychic power-the stronger and more positive your belief in your immunity, and your denial of his power over you, the more do you rob him of any such power. The average person, not knowing this, is more or less passive to psychic influences of other persons, and may be affected by them to a greater or less extent, depending upon the psychic development of the person seeking to influence him.

At the extreme of the sensitive pole of psychic influence, we find those persons who believe firmly that the other person has power over them, and who are more or less afraid of him. This belief and fear acts to make them particularly sensitive and impressionable, and easily affected by his psychic induction. This is the reason that the so-called witches and sorcerers and others of evil repute have been able to acquire such a power over their victims, and to cause so much trouble. The secret is that the victims believed in the power of the other person, and feared their power. The greater the belief in, and fear of, the power of the person, the greater the susceptibility to his influence; the greater the sense of power of neutralizing the power, and the disbelief in his power to affect them, the greater the degree of immunity: this is the rule!

Accordingly we find that persons in various stages of the history of the world have been affected by the influences of witches, sorcerers, and other unprincipled persors. In most cases these so-called witches and sorcerers themselves were under the delusion that they were assisted by the devil or some other supernatural being. They did not realize that they were simply using perfectly natural methods, and employing perfectly natural forces. For that matter, you must remember that magnetism and electricity, in ancient days, were considered as supernatural forces in some way connected with demonic powers.

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Studying the history of witchcraft, sorcery, black-magic, and the like, you will find that the devotees thereof usually employed some psychometric method. In other cases they would mold little figures of clay, or of wax, in the general shape and appearance of the person whom they wished to affect. It was thought that these little figures were endowed with some supernatural powers or attributes, but of course this was mere superstition; The whole power of these little figures arose from the fact that they aided the imagination of the spell-worker in forming a mental image of the person sought to be influenced; and thus established a strong en rapport condition. Added to this, you must remember that the fear and belief of the public greatly aided the spell-worker and increased his power and influence over these poor persons. I will give you a typical case, taken from an old German book, which thoroughly illustrates the principles involved in cases of this kind.

Understand this case, and you will have the secret and working principle of them all.

The story is told by an eminent German physician of the 18th century. He relates that he was consulted by one of his patients, a wealthy farmer living near by. The farmer complained that he was disturbed every night by strange noises which sounded like someone pounding iron. The disturbances occurred between the hours of ten o'clock and mid-night, each and every night. The physician asked him if he suspected anyone of causing the strange trouble. The farmer answered that he suspected an old enemy of his, an old village blacksmith living several miles away from his farm. It appears that an old long-standing feud between them had broken out afresh, and that the black-smith had made threats of employing his "hex" (witchcraft) powers on the old farmer. The blacksmith was reputed to be a sort of "hex" or male-witch, and the farmer believed in his diabolic powers and was very much in fear of them. So you see the ideal condition for psychic receptivity was present.

The physician called on the blacksmith, and taking him by surprise, gazing sternly into his eyes and asked him: "What do you do every night between ten and iwelve o'clock?" The blacksmith, frightened and disturbed, stammered out: "I hammer a bar of iron every night at that time, and all the while I think intently of a bad neighbor of mine who once cheated me out of some money; and I will at the same time that the noise will disturb his rest, until he will pay me back my money to get peace and quiet." The physician bade him to desist from his evil practices, under threats of dire punishment; and then went to the farmer and made him straighten out the financial dispute between the two. There-after, there was no more trouble.

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So you see, in this case all the necessary elements were present. First there was the belief of the blacksmith in his own powers, this gave him self confidence and psychic power. Then there was the belief and fear on the part of the farmer, this made him an easy subject, and very susceptible to psychic induction, etc. Then there was the action of the blacksmith beating the iron, which gave force and clearness to his visualization of the idea he wished to induce in the mind of the other. And, finally, there was his will employed in every stroke, going out in the direction of the, concentrated wish and purpose of influencing the farmer. You see, then, that, every psychic element was present. It was no wonder that the old farmer was disturbed.

Among some of the of cultures in the South, in America; and among the older Hawajians; we find marked instances of this kind. The Voodoo men and women work black magic on those of their race who

are supersitious and credulous, and who have a mortal fear of the Voodoo. You see the conditions obtained are much the same as in the case of the German case just cited. Travelers who have visited the countries in which Voodoo is practiced, have many interesting tales to recite of the terrible workings of these Voodoo black magicians. In some cases, sickness and even death is the result. But mark you this, it is only those who believe in, and fear, the power of Voodoo that are affected.

In Hawaii, the Kahunas or native magicians are renowned for their power to cause sickness and death in those who have offended them; or to those who have offended some client of the Kahuna, and who have hired the latter to "pray" the enemy to sickness or death. The poor Hawaiians, believing implicitly in the power of the Kahunas, and being in deadly fear of them, are very susceptible to their psychic influence, and naturally fall easy victims, unless they buy off the Kahuna, or make peace with his client. Persons who are not native, and living in Hawaii are not affected by the Kahunas, for they do not believe in them, neither do they fear them. Unconsciously, but still strongly, they deny the power, and are immune. So, you see, the principle working out here also. Once you have the master-key, you may unlock many doors of mystery which have heretofore been closed to you.

We do not have to fall back on cases of witchcraft, however, in order to illustrate this phase of the use of psychic influence for selfish ends. In Europe and America there are teachers of a low form of occultism who instruct their pupils in the art of producing induced mental states in the minds of others, for purposes of financial gain or other selfish ends. For instance, there is a western teacher who instructs his pupils to induce desired mental states in prospective customers, or others whom they may wish to influence for selfish reasons. This teacher tells his pupils to: "Imagine your prospective customer, or other person, as seated in a chair before which you are standing. Make the imagined picture as strong as possible, for upon this depends your

success. Then proceed to treat this person just as if he were actually present: Concentrate your will upon him, and tell him what you expect to tell him when you do meet him in person.

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"Use all of the arguments that you can think of, and at the same time hold the thought that he must do as you say. Try to imagine him as complying with your wishes in every respect, for this imagining will tend to come true when you really meet the person. This rule may be used, not only in the case of prospective customers, but also in the case of persons whom you wish to influence in any way whatsoever."

Surely this is a case of employing psychic powers for selfish purposes, if anything is. Again, in Europe and America, particularly in the latter country, we find many persons who have picked up a smattering of occult knowledge by means of some of the many healing cults and organizations which teach the power of thought over physical diseases. In the instruction along the lines of distant mental healing, the student is taught to visualize the patient as strongly and clearly as possible, and to then proceed to make statements of health and strength.

The mind of the patient, and that of the healer, cooperate and in many cases work wonderful cures. As you will see in the last lesson of this course, there is great power in the mind to induce healthful vibrations in the mind of others, and the work is a good and worthy one. But, alas! as is so often the case, the good teaching is sometimes perverted, and applied for unworthy and selfish ends.

Some of the persons who have picked. up the principles of mental healing have discovered that the same power may be used in a bad as well as in a good direction. They accordingly, proceed to "treat" other persons with the object of persuading them to do things calculated to benefit the person using the psychic power. They seek to get these other persons under their sychic influence, and to then take advantage of them in some way or other.

There are several large and respected organizations who teach their members the "tools for success" using these methods. There are a few well known and very successful members to attest to the power of this kind of modern day witchcraft. This is one of the reasons you need to learn psychic defense, to nullify those who would use these techniques upon you, which we will get into a little later on in this lesson.

I hope that it is practically unnecessary for me to warn my students against evil practices of this kind. I trust that I have not drawn any students of this class to me. In case, however, that some of you may have been, or may be in the future, tempted to use your psychic powers improperly, in this way, I wish to caution and warn you positively against so doing. Outside of the ordinary morality which should prevent you from taking advantage of another person in this way, I wish to say to you that anyone so misusing psychic or astral powers will inevitably bring down upon his head, sooner or later, certain occult astral forces which will prove disastrous to him. He will become involved in the Web of his own making, and will suffer greatly. Never by any means

allow yourself to be tempted into indulging in any of the practices of Black Magic, under any form of disguise. You will live to regret it if you do. Employ your powers, when you develop them, for the good of others; or at least, for purely scientific investigatjon and knowledge.

The scientific investigator of this phase of psychic influence, will wish to become acquainted with what the occultists call "the astral tube."

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In this phase of the phenomena, you manifest upon the astral plane, rather than upon the physical. The astral form of telepathy is manifested, rather than the ordinary form. While there are a number of technical points involved in the production of the astral tube, I shall endeavor to instruct you regarding its creation and use in as plain words as possible, omitting all reference to technical occult details which would only serve to distract your attention and confuse your mind. The advanced occult student will understand these omitted technicalities without being told of them; the others would not know what was meant by them, if mentioned in the absence of a long stage of preparatory teaching. After all, the theory is not of so much importance to most of you as are the practical working principles. I ask your careful attention to what I have to say in this subject of the astral tube.

The Astral Tube is formed by the person forming in his

imagination (i. e., on the astral plane by means of his imagination or visualizing powers), a tube or small tunnel between himself and the person whom he wishes to influence. He starts by picturing it in his mind a whirling vortex, similar to the whirling ring of smoke emitted from a "coughing" engine, and sometimes by a man smoking a cigar, about six inches to one foot in diameter. He must will the imagined vortex-ring to move forward as if it were actually boring a tunnel through the atmosphere. When the knack of producing this astral tube is acquired, it will be found that the visualized tunnel seems to vibrate with a peculiar intensity, and will seem to be composed of a substance far more subtle than air. Then, at the other end of this astral tube you must picture the other person, the one whom you wish to influence.

The person will seem as if viewed through the wrong end of an opera-glass. When this condition is gained, there will be found to be a high degree of en rapport between yourself and the other person. The secret consists in the fact that you have really established a form of clairvoyance between yourself and the person. When you have induced this condition, proceed with your mental commands and pictures just as if you were in the presence of the person himself. That is the whole thing in a nutshell.

In order that you may have another viewpoint from which to consider the astral tube, or what corresponds to it, I wish to give you here a little quotation from another writer on the subject, who presents the matter from a somewhat more technical standpoint. Read this quotation in connection with my own description of the astral tube, and you will form a pretty complete and clear idea of the phenomenon.

The writer mentioned says: "It is impossible here to give an exhaustive disquisition on astral physics; all I need say is that it is possible to make in the astral substance a definite connecting-line that shall act as a telegraph wire to convey vibrations by means of which all that is going on at the other end of it may be seen. Such a line is

established, be it understood, not by a direct projection through space of astral matter, but by such action upon a line (or rather many lines) of particles of that substance as will render them capable of forming a conductor for vibrations of the character required. This preliminary action can be set up in two ways, either by the transmission of energy from particle to particle, until the line is formed, or by the use of a force from a higher plane which is capable of acting upon the whole line simultaneously. Of course this latter method implies far greater development, since it involves the knowledge of (and the power to use) forces of a considerably higher level.

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LESSON THREE

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PSYCHIC INFLUENCE AT A DISTANCE

"Even the simpler and purely astral operation is a difficult one to describe, though quite an easy one to perform. It may be said to partake somewhat of the nature of the magnetization of a bar of steel; for it consists in what we might call the polarization, by an effort of the human will, of a numbeY of astral atoms reaching from the operator to the scene which he wishes to observe. All the atoms thus affected are held for the time being with their axes rigidly parallel to one another, so that they form a kind of temporary tube along which the clairvoyant may look.

This method has the disadvantage that the telegraph line is liable to disarrangement or even destruction by any sufficiently strong astral current which happens to cross its path; but if the original creative effort were fairly definite, this would be a contingency of only infrequent occurrence. The view of a distant scene obtained by means of this 'astral

current' is in many ways not unlike that seen through a telescope. Human figures usually appear very small, like those on a distant stage, but in spite of their diminutive size they are as clear as though they were close by. Sometimes it is possible by this means to hear what is said as well as to see what is done; but as in the majority of cases this does not happen, we must consider it rather as the manifestation of an additional power than as a necessary of the faculty of sight."

I would feel that I had not done my whole duty to the student, or reader of these lessons, were I to conclude this chapter without pointing out a means of protection against the use of this phase of psychic influence against them on the part of some unscrupulous person; or for that matter, against the meddling influence of any person whatsoever, for any purpose Whatsoever, without one's permission and consent. Therefor, I wish now to point out the general principles of self-protection or defense against this class of psychic influence.

In the first place, you must, of course, refuse to admit to your mind any feeling of fear regarding the influence of other persons, for that is the open door to their influence, as I have pointed out to you. If you have been, or are fearful of any persons psychic influence, you must get to work and drive out that feeling by positive and vigorous denials. The denial, you remember, is the positive neutralizer of the psychic influence of another person, providing you make it in full belief of its truth. You must take the position (which is a true one) that you are immune to the psychic attack or influence. You should say, mentally, "I deny to any person the power to influence me psychically without my consent; I am positive to all such influences, and they are negative to me; I neutralize them by this denial!"

If you feel sudden impulses to act in some way which you have not thought of doing, or toward which you have had an aversion, pause a moment and say, mentally, "If this is an outside influence, I deny its power over me; I deny it, and send it back to its sender, to his defeat and

confusion." You will then experience a feeling of relief and freedom. In such cases you may frequently be approached later on by the person who would have been most benefitted by your action; he will appear surprised when you "turn him down," and will act in a confused way He may not have consciously tried to influence you, but may have merely been wishing strongly that you would do as he desired. It should encourage you to know that it requires much less force to repel and neutralize psychic influence of this kind, than is required to send forth the power; an ounce of denial and protection overcomes a pound of psychic attacking power. Nature gives. you the means of protection, and gives you "the best end of the stick," and it is your own fault if you do not effectively use it. A word to the wise is sufficient.

This concludes Lesson Three

-- End --

Lesson Four

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The third phase of Psychic Influence is that which may be called Indirect Psychic Influence, in which psychic induction is manifested in the minds of other persons coming in contact with the thought vibrations of the person manifesting them, although no deliberate attempt is made to influence the mind of any particular person or persons. Closely connected with and involved in this phase of psychic influence, is that which is called the Psychic Law of Attraction. So closely are these two connected that I shall consider them together in this lesson.

The fundamental principle of this phase of psychic influence is the well-known psychic fact that mental and emotional states not only induce similar vibrations in those who are similarly attuned on the psychic vibratory scale, but also tend to attract and draw to the person other persons who are vibrating along similar lines, and also tend to

repel those who are vibrating in an opposing note or scale of psychic vibration.

In the preceding lessons have shown you how, by induction, we tend to arouse in others mental and emotional states similar to our own. But there is a law in effect here, which must be noted if you wish to thoroughly understand this phase psychic influence. Omitting all technical explanations, and getting right down to the heart of the phenomenon, I would say that the general principle is this: Psychic induction is difficult in proportion to the opposing quality of the characteristic mental and emotional states of the person affected; and easy in proportion to the harmonious quality thereof. That is to say, in plain words, that if a person's habitual thought and emotions are along the same lines that you are trying to induce in him, you will find it easy to induce the same in him; if, on the contrary, they are of an opposing nature, then you will find it difficult to so influence him. The many degrees of agreement and difference in the psychic vibrations of persons constitute a scale of comparative response to any particular form of mental or emotional vibrations.

It is hard to change the spots of a leopard, as we are told on ancient authority. It is almost as difficult to change the characteristic mental and emotional states of a person by psychic induction, except after long and repeated effort. On the contrary, let a person have certain characteristic mental and emotional habits, then these may be aroused in them with the greatest ease by means or psychic induction. For instance, if a person is characteristically and habitually peaceful, mild and calm, it will be very difficult to arouse in him by psychic induction the vibrations of anger, fight and excitement. On the other hand, if the other person is combative, fierce and easily excited to wrath, it is the easiest possible thing to arouse these feelings in him by psychic induction. So much for ordinary psychic induction, let us now consider indirect psychic induction, in which the same principle operates.

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In indirect psychic induction, that is to say in cases in which psychic vibrations are aroused by induction without deliberate attempt or design to influence any particular person or persons, there is noted the manifestation of a peculiar law of attraction and repulsion along psychic lines. This psychic law operates in the direction of attracting to oneself other persons who, actively or passively, vibrate on the same note, or on some note or notes in general harmony therewith.

In the same way, the law causes you to repel other persons who vibrate on a note or notes in general disharmony or discord to yourself. So, in short, we go through life attracting or repelling, psychically, others in harmonious or inharmonious psychic relation to us, respectively. An understanding of this law and its workings will throw light upon many things in your life which you have not understood previously.

You of course understand that you are constantly radiating currents of psychic vibrations, some of which flow out to great distances from you, and affect others often far removed from you in space. But you may not also know that on the astral plane there is manifesting a similar sequence of cause and effect. A strong emotional vibration, or a strong desire or will, tends to manifest on the astral plane by attracting or repelling others in psychic harmony or disharmony with you. This phenomenon is not so common as is that of ordinary thought vibrations from brain to brain, but it is far more common that is generally supposed. It is particularly marked in cases of men of strong desire and will, and strong creative imagination.

These vibrations awakening response in the minds of those in harmony with them, tend to draw to one those other persons whose general character will fit in with the desires and ideas of the first person, or to repel those who are not harmonious therewith. This explains the peculiar phenomenon of strong men in business, politics and other walks of life, drawing and attracting to them other men who will fit in with their general plans and aims.

This law works two ways. Not only do you draw such persons to you as will fit in with your plans and purposes, but you are attracted to them by the same law. Not only this, but you will find that through the peculiar workings of this law even things and circumstances, as well as persons, will seem to be molded by your strong desires and ideas, providing your psychic vibrations are sufficiently strong and clear. Have you never noticed how a strong, resourceful magnetic man will seem to actually draw to him the persons, things and circumstances that he needs to carry out and manifest his plans and designs.

To many, not understanding this great law, these things have seemed positively uncanny and mysterious. But, now, the big men of business and politics are beginning to understand these psychic laws,

and to apply them deliberately and with purpose!

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Some of the great leaders in the business world, and in politics, are known to deliberately start into operation strong psychic vibrations, and to send out strong psychic currents of attraction, by the methods that I have already explained to you. They, of course. are filled with a more than ordinary degree of desire and will and, in the second place, they create very strong and clear mental pictures of their plans working out successfully to a finish; then concentrate strongly on the thing; and lo! the effect is felt by all hands and on all sides. They "treat the public" (to use the term favored by some of the metaphysical cults of the day) by holding the mental picture of that which they strongly desire to come to pass, and by concentrating their thought and will strongly upon it.

A favorite mental picture of some of these men (who have been instructed by teachers of occultism), is that of themselves as the center of a great psychic whirlpool, drawing to themselves the persons, things

and circumstances calculated to bring success and realization to them.

Others picture their thought-vibrations flowing from them like the rings in a pond into which a stone had been dropped, influencing a constantly widening circle of other persons; then they picture the persons being drawn to them in the manner just mentioned. They persist in this practice day after day, week after week, month after month, year after year-is it any wonder that they draw to themselves that which they desire?

Other persons of lesser caliber take similar advantage of the law in the same way, but on a smaller scale. In every community there are certain persons who seem to draw to themselves the patronage and custom of the community, in some peculiar way. In most cases this may be traced back to some form of psychic influence. I do not mean that these persons consciously and deliberately set these forces into operation. On the contrary, many of them do so more or less unconsciously, and without a knowledge of the underlying psychic principles involved. Such persons have stumbled on a portion of the psychic laws, and have used them more or less unconsciously and without understanding the real reason of the happening. They found out that certain mental states and certain mental pictures tended to produce certain results-that they "worked out"-and so they continued them. Some of these men think of the whole thing as something supernatural, and get to believe that they are being helped by some supernatural power; whereas, they are simply operating under a universal psychic law of cause and effect.

In America a number of teachers and writers have devoted much attention to this phase of the general subject of psychic influence. Cults have been formed upon this general basis, the main idea of their followers being that of attracting financial and other success by means of this phase of psychic force.

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One of the leading writers along this line, says: "An individual who has cultivated the faculty of concentration, and has acquired the art of creating sharp, clear, strong, mental images, and who when engaged in an undertaking will so charge his mind with the idea of success, will be bound to become an attracting center. And if such an individual will keep his mental picture ever in his mind, even though it be in the background of his mind, when he is attending to the details and planning of his affairs if he will give his mental picture, a prominent place in his mental gallery, taking a frequent glance at it, and using his will upon it to create new scenes of actual success, he will create for himself a center of radiating thought that will surely be felt by those coming within its field of influence."

"Such a man frequently 'sees' people as coming to him and his enterprises, and as falling in line with his plans. He mentally sees

money flowing in to him, and all of his plans working out right. In short, he mentally imagines each step of his plans a little ahead of the time for their execution, and he concentrates forcibly and earnestly upon them. It is astonishing to witness how events, people, circumstances, and things seem to move in place in actual life as if urged by some mighty power to serve to materialize the conditions so imaged in the mind of the man. But, understand, there must be active mental effort behind the imaging. Day dreamers do not materialize thought-they merely dissipate energy. The man who converts thought in activity and material being throws energy into the task, and puts forth his will-power through the pictured image. Without the rays of the will there will be no picture projected, no matter how beautifully the imagination has projected it. Thought pictured in mental images, and then vitalized by the force of the desire, and will, tend to objectify themselves into material being."

The student will be interested in reading and hearing the various theories and explanations given by different writers and teachers to account for the phenomena of psychic influence. Once he has grasped the real scientific principles involved, he will be able to see the same in operation in all of the cases cited by the different teachers and writers, and will find that this fundamental principle fully explains and accounts for all of these cases, no matter how puzzling they may seem, or how mysterious they may be claimed to be by those mentioning them. Truth is very simple when we brush away the fantastic dressings which have been placed around it by those who have lacked knowledge of the true fundamental principles.

We see this same law or principle operating in very many different ways from those previously mentioned. For instance, we frequently find cases in which one person has a strong desire for a certain kind of assistance in his business or other work. He has almost given up hope of finding the right kind of person, for those whom he has tried have failed to measure up the requirements of the situation. If he will (and he

sometimes does) follow the general plan just mentioned, he will set into operation the psychic forces which will attract that person to him, and him to that person.

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In some peculiar way, the two will be thrown together, and the combination will work out to the best advantage of both. In these cases, each person is seeking the other, and the psychic forces of attraction, once set into operation, serve to bring them together.

In like manner, one often draws to himself certain knowledge and information that he requires or is desirous of gaining. But, and you must always remember this, no miracle is worked, for it is simply a matter of the working out of natural laws of cause and effect--attraction and response to attraction--on the psychic or astral plane. Such a person will accidentally (!) run across some other person who will be led to give him the key to the knowledge he seeks. Perhaps a book may be mentioned, or some reference to some writer be made. If the hint is followed up, the desired information comes to light.

Many persons have had the psychic experience of being led to some book store and induced to examine a particular shelf of books, whereupon a particular book presents itself which changes the whole course of the person's life. Or, perhaps, one will pick up a newspaper apparently at random, and without purpose; and therein will find some information, or at least a hint in the direction where the information may be found. When one accustoms himself to the workings of psychic forces, these things soon become accepted as a matter of course, and cease to arouse wonder or surprise.

The workings of the Psychic Law of Attraction is seen to be as natural and invariable as the law of gravitation, or magnetic attraction, once one has mastered its principles, and learned the methods of its application. Surely such a wonderful law is well worth study, attention, investigation, and mastery, isn't it?

A writer along the lines of Mental Science, which is really based on the principles which have been stated in this book, has the following to say regarding his system: "Wonderful results arise by reason of what has been called 'The Law of Attraction,' by the workings of which each person is continually drawing to himself the people, things, objects, and even circumstances in harmony and accord with his prevailing mental states. Like attracts like, and the mental states determine that which one draws to himself. If you are not satisfied with what is coming to you, start to work and change your mental attitudes and mental states, and you will see a change gradually setting in, and then the things that you want will begin to come your way.

* * * A most important fact about the effect of mental vibrations upon people lies in the principle that one is more affected by vibrations in harmony with his own accustomed feelings and mental states, than by those of an opposite nature. A man who is full of evil schemes, and selfish aims, is more apt to be caught up by similar vibrations than one who lives above that plane of thought. He is more easily tempted by evil

suggestions and influences, than one to whom these things are abhorrent.

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And the same is true on every plane. A man whose mental attitude is one of confidence and fearlessness, is not apt to be affected by vibrations of a negative, pessimistic, gloomy nature, and vice versa. Therefore, if you wish to receive the vibrations of the thoughts and feelings of others, you must place yourself in a mental attitude corresponding with. those vibrations which you wish to receive. And if you wish to avoid vibrations of a certain kind, the best way is to rise above them in your own mind, and to cultivate the mental states opposite them. The positive always overcomes the negative and optimistic mental states are always positive to pessimistic mental states."

Another writer on, and practitioner of Mental Science, in America, many years ago, explained her theory and practice by means of the term "co-relation of thoughts and things." She held that when one thought

positively, clearly and forcibly of a thing, he "related" himself to that thing, and tended to attract it to him, and to be attracted toward it. She held that true wisdom consists in so managing our thoughts that we shall relate ourselves only to those things which we know to be desirable and beneficial to ourselves; and to avoid thinking of those which are harmful and detrimental to us. The student of these lessons will see how this practical Mental Scientist was really using the same principles that we have examined and become acquainted within these lessons, although she called them by another name, and explained them by another theory. At the bottom of all the teachings and theories you will always find the one same basic principle and universal law.

The advanced student of occultism knows that each and every one of us is really a creator of his own circumstances, environment and conditions, to a great extent. Each of us is able to so modify our mental activities as to bring about such changes in our environment and surroundings as to actually re-create them. The things accomplished by successful men are really but materialization's of that which they have previously held in their mental vision. Everything is first created on the psychic plane, and then manifested in the physical world. All the great works of man, the great bridges, great buildings, tunnels, machinery, cities, railroads, canals, works of art, musical compositions, etc., first existed in the mind of their creators, and were then afterward materialized in physical form and shape. And, so you see we are proceeding with our work of mental creations whenever we think and make mental images. This, however, is no new teaching. It is as old as the race of mankind. Over twenty-five hundred years ago, Buddha said to his disciples: 'All that we are is the result of what we have thought; it is founded on our thought's; it is made up of our thoughts."

I would be telling you but half the story did I not warn you that strong Fear may play the part ordinarily filled by Desire in the production of the psychic phenomena of materialization of mental pictures.

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Strange as it may appear at first, a strong fear that a thing will come to pass will act much the same as a strong desire that the happening will occur. Consequently, many persons by continually dwelling upon the thing that they fear may happen to them, actually attract that thing to them, just as if they had actually desired and wished for it. I cannot go into occult technicalities in explaining this strange fact; but the gist of the secret may be said to consist in the fact that the person clearly and vividly pictures in his mind the thing that he fears may happen to him. He thus creates a strong mental picture or image of it, which sets into forces the attractive power of psychic influence and draws the feared thing into material reality. As Job said: "The thing that I feared hath come upon me." The moral of this is, of course, that persons should learn to stamp out fear and mental images of things feared. Instead, they should make strong positive mental denials of the things that they may find themselves fearing. They should deny the

reality of the feared thing, and assert positively their own superiority to the thing, and their power to overcome it.

A great religious cult has sprung into existence which makes a leading doctrine of this ability to materialize the things which one desires, and to deny out of existence undesirable things. Many persons who have witnessed the wonderful success of some of the followers of this cult or organization, have been puzzled to account for the same on scientific and rational grounds. A little understanding of fundamental occult and psychic principles, as given in these lessons, will show the "why and wherefore" of these strange and wonderful manifestations. In this connection you must remember that the combined thought of the thousands of persons composing this cult or organization undoubtedly gives additional psychic force to the mental affirmations and denials of the individual member thereof.

In past and present, and probably in future time, there have been many instances of magical procedures tending to bring about the results that we have herein seen to come about by reason of psychic influence, in some of its many phases. These magic procedures have usually been accompanied by incantations, ceremonies, strange rites, evocations, etc., which were supposed to have great virtue in bringing about desired results. But the true occultists now know that these ceremonies and rites were merely hopes to the imagination and aids to faith, and thus tended to bring about the psychic phenomena. There was no virtue in these ceremonies themselves, and the same results may be secured by simply following the procedure outlined in these lessons. The wonders of ancient magic have been reproduced by the modern occultists, without all the mumbo-jumbo of the past rites and ceremonies.

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A gifted English writer upon the subject of the relation of mysticism and magic, sums up the gist of the principles of Magic as follows: "The central doctrine of Magic may now be summed up thus:"

(1) That a super sensible and real Cosmic medium exists, which interpenetrates, influences, and supports the tangible and apparent world, and is amenable to the categories both of metaphysics and of physics." [This of course is the astral plane, which is the container of the subtle form or framework of all that exists on the physical plane.

(2) That there is an established analogy and equilibrium between the real (and unseen) world, and the illusory manifestation that we call the world of sense." [By this of course is meant the correspondence and balance between the subtle form of things and the material manifestation thereof. Things created in the astral, tend to materialize

on the physical. plane. All creation proceeds from the astral to the physical.]

(3) That this analogy may be discerned, and this equilibrium controlled, by the disciplined will of man, which thus becomes master of itself and of fate." [The essence of will consists of strong desire accompanied by a clear.mental picture of the thing desired, and held steady and firm by concentration.]

So you see by reference to the above very clear statement of the central doctrine of Magic, and my explanations thereof, that. in these lessons you have been taught the very essence, of the wonderful, mysterious ancient, Magic, and its modern counterpart. As for the various rites and ceremonies, as I have said, these are mere symbols and aids to mental imaging and concentration.

As an eminent occultist once said, "Ceremonies being but artificial methods of creating certain habits of the will, they cease to be necessary when these habits have become fixed." The master of occultism sees ceremonies, rites, and ritual as but the playthings of the kindergarten scholar-useful and important so far as they go, but serving merely to teach the scholar, Sooner or later, that he may proceed without them. In this chapter I have condensed enough in formation to fill a whole book. I trust that you will study it carefully, and not miss its main points.

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Astral Body Traveling

There is much confusion existing in the minds of the average students of occultism concerning the distinction between astral visioning by means of the astral senses in clairvoyance, and the visioning of the astral senses during the travels of the astral body away from the physical body. There is such a close connection between the two several phases of occult phenomena that it is easy to mistake one for the other; in fact, there is often such a blending of the two that it is quite difficult to distinguish between them. However, in this lesson I shall endeavor to bring out the characteristics of astral body visioning, that the student may learn to distinguish them from those of the ordinary clairvoyant astral visioning, and recognize them when he experiences them.

The main points of distinction are these: When visioning clairvoyantly by means of the astral senses, the clairvoyant usually perceives the

scene, person or event as a picture on a flat surface. It is true that there is generally a perfect perspective, similar to that of a good stereoscopic view, or that of a motion picture, in that the figures "stand out", and do not appear "flat" as in the case of an ordinary photograph; but still, at the best, it is like watching a motion picture, inasmuch as the whole scene is all in front of you. Visioning in the astral body, on the contrary, gives you an "all around" view of the scene. That is to say, in such case you see the thing just as you would were you there in your physical body, you see in front of you, and on the sides of you, out of the corner of your eye; if you turn your head, you may see in any direction; and you may turn around and see what is happening behind you. In the first, case you are merely gazing at an astral picture in front of you; while in the second place you are actually there in person. There are some limitations to this "seeing all around" when in the astral body, however, which I should note in passing. For instance, if when in the astral body, you examine the akashic records of the past, or else peer into the scenes of the future, you will see these things merely as a picture, and will not be conscious of being present personally in the scene. (An apparent exception is to be noted here, also, if your past-time visioning includes the perception of yourself in a former incarnation, you may be conscious of' living and acting in your former personality; again if you are psychometrizing from fossil remains, or anything.concerned with a living creature of the past, you may "take on" the mental or emotional conditions of that creature, and seem to sense things from the inside, rather than from the outside. This, of course, is also a characteristic of the ordinary clairvoyant vision of the past.) But when, in the astral body, you perceive a present-time scene in space, you are, to all intents and purposes, an actual participant, in that you are actually present at the place and time.

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The sense of "being actually present in the body" is the leading characteristic of the astral body visioning, and distinguishes it from the "picture seeing" sensing of ordinary clairvoyance. This is stating the matter is as plain and simple form as is possible, ignoring many technical details and particulars.

You, being a student of occultism, of course know that the astral body is a fine counterpart of the physical body, composed of a far more subtle form of substance than is the latter, that under certain conditions you may travel in your astral body, detached from your physical body (except being connected with it with a slender astral cord, bearing a close resemblance to the umbilical cord which connects the newborn babe with the placenta in the womb of its mother), and explore the realms of the astral plane. This projection of the astral body, as a rule, occurs only when the physical body is stilled in sleep, or in trance

condition. In fact, the astral body frequently is projected by us during the course of our ordinary sleep, but we fail to remember what we have seen in our astral journeys, except, occasionally, dim flashes of partial recollection upon awakening. In some cases, however, our astral visioning is so distinct and vivid, that we awaken with a sense of having had a peculiar experience, and as having actually been out of the physical body at the time.

In some cases, the person traveling in the astral is able to actually take part in the distant scene, and may, under certain circumstances actually materialize himself so as to be seen by persons in their physical bodies. I am speaking now, of course, of the untrained person. The trained and developed occultist, of course, is able to do these things deliberately and consciously, instead of unconsciously and without intention as in the case of the ordinary person.

I shall quote here from another writer on the subject, whose point of view, in connection with my own, may serve to bring about a clear understanding in the mind of the student it is always well to view any subject from as many angles as possible. This writer says; "We enter here upon an entirely new variety of clairvoyance, in which the consciousness of the seer no longer remains in or closely connected with his physical body, but is definitely transferred to the scene which he is examining. Though it has no doubt greater dangers for the untrained seer than either of the other methods, it is yet quite the most satisfactory form of clairvoyance open to him. In this case the man's body is either asleep or in a trance, and its organs are consequently not available for use while the vision is going on, so that all description of what is seen, and all questioning as to further particulars, must be postponed until the wanderer returns to this plane.

On the other hand, the sight is much fuller and more perfect; the man hears as well as sees everything which passes before him, and can move about freely at will within the very wide limits of the astral plane.

He has also the immense advantage of being able to take part, as it were, in the scenes which come before his eye, conversing at will with various entities on the astral plane, and from whom so much information that is curious and interesting may be obtained. If in addition he can learn how to materialize himself (a matter of no great difficulty for him when once the knack is acquired), he will be able to take part in physical events or conversations at a distance, and to show himself to an absent friend at will.

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LESSON FIVE

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Astral Body Traveling

"Again, he will have the additional power of being able to hunt about for what he wants. By means of the other varieties of clairvoyance, for all practical purposes he may find a person or place only when he is already acquainted with it; or, when he is put en rapport with it by touching something physically connected with it, as in psychometry. By the use of the astral body, however, a man can move about quite freely and rapidly in any direction, and can (for example). find without difficulty any place pointed out upon a map, without either any previous knowledge of the spot or any object to establish a connection with it. He can also readily rise high into the, air so as to gain a bird's eye view of the country which he is examining, so as to observe its extent, the contour of its coastline, or its' general character. Indeed, in every way his power and freedom are far greater when he uses this method than they are, in any of the lesser forms of clairvoyance.

In many well authenticated cases, we may see that the soul of a dying person, one whose physical end is approaching, visits friends and relatives is the astral body, and in many cases materializes and even speaks to them. In such cases the dying person accomplishes the feat of astral manifestation without any special occult knowledge; the weakened links between the physical and the higher phases of the soul render the temporary passing-out comparatively easy, and the strong desire of the dying person furnishes the motive power necessary. Such visits, however, are often found to be merely the strongly charged thought of the dying person, along the lines of telepathy, as I have previously explained to you. But in many cases there can be no doubt that the phenomenon is a clear case of astral visitation and materialization.

The records of the Society for Psychical Research contain many instances of this kind; and similar instances are to be found in other records of psychical research I shall quote a few of these cases for you, that you may get a clear idea of the characteristics thereof. Andrew Lang, an eminent student and investigator along the lines of the psychic and occult, gives us the following case, of which he says, "Not many stories have such good evidence in their favor." The story as related by Mr. Lang in one of his books is as follows:

"Mary, the wife of John Goffe of Rochester, being afflicted with a long illness, was moved to her father's house at West Malling, about nine miles from her own. The day before her death she grew very impatiently desirous to see her two children, whom she had left at home to the care of a nurse.

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Astral Body Traveling

She was too ill to be moved, and between one and two o'clock in the morning she fell into a trance. A neighbor, a Mrs. Turner, Turner, who watched with her that night, says that her eyes were open and fixed, and her jaw fallen. Mrs. Turner put her hand to her mouth, but could perceive no breath. She thought her to be in a fit, and doubted whether she were dead or alive. The next morning the dying woman told her mother that she had been at home with her children, saying, 'I was with them last night when I was asleep.'

"The nurse at Rochester, Mrs. Alexander by name, affirms that a little before two o'clock that morning she saw the likeness of the said Mary Goffe come out of the next chamber (where the elder child lay in a bed by itself), the door being left open, and stood by her bedside for about a quarter of an hour; the younger child was here lying by her. Her eyes moved and her mouth went, but she said nothing. The nurse,

moreover says that she was perfectly awake; it was then daylight, being one of the longest days of the year. She sat up in-bed and looked steadfastly on the apparition. In that time she heard the bridge clock strike two; and a while after said: 'In the name of the Father, Son and Holy Ghost, what art thou?' Thereupon the apparition moved and went away; she slipped out of her clothes and followed, but what became of it she cannot tell."

In the case just mentioned, Mr. Lang states that the nurse was so frightened that she was afraid to return to bed. As soon as the neighbors were up and about she told them of what she had seen; but they told her that she had been dreaming. It was only when, later on, news came of what had happened at the other end of the line---the bedside of the dying woman, that they realized just what had happened.

In a work by Rev. F. G. Lee, there are several other cases of this kind quoted, all of which are stated by Mr. Lee to be thoroughly well authenticated. In one of the cases a mother, when dying in Egypt, appears to her children in Torquay and is clearly seen in broad daylight by all five children and also by the nursemaid. In another, a Quaker lady dying at Portsmouth is clearly seen and recognized in daylight by her three children at Seattle, the remainder of the story being almost identical with that of the Goffe case just quoted.

In the records of the Society for Psychical Research, the following case appears, the person reporting it being said to be of good character and reputation for truthfulness and reliability. The story is as follows:

"One morning in December, 1836, A. had the following dream, or he would prefer to call it, revelation. He found himself suddenly at the gate of Major N. M.'s avenue, many miles from his home. Close to his was a group of persons, one of whom was a woman with a basket on her arm, the rest were men, four of whom were tenants of his own, while the others were unknown to him.

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Astral Body Traveling

Some of the strangers seemed to be assaulting H. W., one of his tenants, and he interfered. A. says, 'I struck violently at the man on my left, and then with greater violence at the man's face on my right. Finding, to my surprise, that I had not knocked down either, I struck again and again with all the violence of a man frenzied at the sight of my poor friend's murder. To my great amazement I saw my arms, although visible to my eye, were without substance, and the bodies of the men I struck at and my own came close together after each blow, through the shadowy arms I struck with. My blows were delivered with more extreme violence than I ever think I exerted, but I became painfully convinced of my incompetence. I have no consciousness of what happened after this feeling of unsubstantiality came upon me.

"Next morning, A. experienced the stiffness and soreness of violent bodily exercise, arid was informed by his wife that in the course

of the night he had much alarmed her by striking out again and again in a terrific manner, 'as if fighting for his life.' He, in turn, informed her of his dream, and begged her to remember the names of those actors in it who were known to him. On the morning of the following day (Wednesday) A. received a letter from his agent, who resided in the town close to the scene of the dream, informing him that his tenant had been found on Tuesday morning at Major N. M.'s gate, speechless and apparently dying from a fracture of the skull, and that there was no trace of the murderers.

"That night A. started for the town, and arrived there on Thursday morning. On his way to a meeting of magistrates, he met the senior magistrate of that part of the country, and requested him to give, orders for the arrest of the three men whom, besides H. W., he had recognized in his dream, and to have them examined separately. This was at once done. The three men gave identical accounts of the occurrence, and all named the person who was with them. He was then arrested and gave precisely similar testimony. They said that between eleven and twelve on the Monday night they had been walking homewards altogether along the road, when they were overtaken by three strangers, two of whom savagely assaulted H. W., while the other prevented his friends from interfering. H. W. did not die, but was never the same man afterwards; he subsequently emigrated."

Stead, the English editor and psychical researcher, relates the following case, which he accepts as truthful and correct, after careful investigation of the circumstances and of the character and reputation of the person relating it. The story proceeds as follows: "St. Eglos is situated about ten miles from the Atlantic, and not quite so far from the old market town of Trebodwina. Hart and George Northey were brothers, and from childhood their lives had been marked by the strongest brotherly affection.

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Astral Body Traveling

Hart and George Northey had never been separated from their birth until George became a sailor, Hart meantime was helping his father in business. On the 8th of February, 1840, while George Northey's ship was lying in. port at St. Helena, he had the following strange dream:

"Last night I dreamt that my brother was at Trebodwina Market, and that I was with him, quite close by his side, during the whole of the market transactions. Although I could see and hear which passed around me, I felt sure that it was not my bodily presence which thus accompanied him, but my shadow or rather my spiritual presence, for he seemed quite unconscious that I was near him. I felt that my being thus present in this strange way betokened some hidden danger which he was destined to meet, and which I know my presence could not avert, for I could not speak to warn him of his peril!'

The story then proceeds to relate how Hart collected considerable money at Trebodwina Market, and then started to ride homeward. George tells what happened to his brother on the way, as follows: "My terror gradually increased as Hart approached the hamlet of FoIkerrov, until I was in a perfect frenzy, frantically desirous; yet unable to warn my brother in some way and prevent him from going further. I suddenly became aware of two dark shadows thrown across the road. I felt that my brother's hour had come, and I was powerless to aid him. Two men appeared, whom I instantly recognized as notorious poachers who lived in a lonely wood near St. Eglos. They wished him 'Good night, mister!' civilly enough. He replied, and entered into conversation with them about some work he had promised them. After a few minutes they asked him for some money. The elder of the two brothers, who was standing near the horse's head, said: "Mr. Northey, we know you have just come from Trebodwina Market with plenty of money in your pockets; we are desperate men, and you ain't going to leave this place until we've got that money; so hand over!' My brother made no reply except to slash at him with the whip, and spur the horse at him.

"The younger of the ruffians instantly drew a pistol, and fired. Hart dropped lifeless from the saddle, and one of the villains held him by the throat with a grip of iron for some minutes, as thought to make assurance doubly sure, and crush out any particle of life my poor brother might have left. The murderers secured the horse to a tree in the orchard, and, having rifled the corpse, they dragged it up the stream, concealing it under the overhanging banks of the water-course. Then they carefully covered over all marks of blood on the road, and hid the pistol in the thatch of a disused hut close to the roadside; then, setting the horse free to gallop home alone, they made their way to their own cottage."

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The story then relates how George Northey's vessel left St. Helena the next day after the dream, and reached Plymouth in due time. George carried with him a very vivid recollection of his vision on the return voyage, and never doubted for an instant that his brother had been actually murdered in the manner and by the persons named, as seen in the vision. He carried with him the determination to bring the villains to justice and was filled with the conviction that through his efforts retribution would fall upon the murderers.

In England, justice was at work but the missing link was needed. The crime aroused universal horror and indignation, and the authorities left nothing undone in the direction of discovering the murderers and bringing them to justice. Two brothers named Hightwood were suspected, and in their cottage were found bloodstained garments. But no pistol was found, although the younger brother admitted having

owned but lost one. They were arrested and brought before the magistrates. The evidence against them was purely circumstantial, and not any too strong at that; but their actions were those of guilty men. They were committed for trial. Each confessed, in hopes of saving his life and obtaining imprisonment instead. But both were convicted and sentenced to be hanged. There was doubt in the minds of some, however, about the pistol. The story continues:

"Before the execution, George Northey arrived from St. Helena, and declared that the pistol was in the thatch of the old cottage close by the place where they had murdered Hart Northey, and where they had hid it. 'How do you know?' he was asked. George replied: 'I saw the foul deed committed in a dream I had the night of the murder, when at St. Helena. The pistol was found, as George Northey had predicted, in the thatch of the ruined cottage. Investigation revealed that the details of the crime were identical with those seen in the vision.

It is a fact known to all occultists that many persons frequently travel in the astral body during sleep; and in many cases retain a faint recollection of some of the things they have seen and heard during their travels in the astral. Nearly everyone knows the experience of waking up in the morning feeling physically tired and used up; in some cases a dim recollection of walking or working during the dream being had.

Who among us has not had the experience of "walking on the air," or in the air, without the feet touching the ground, being propelled simply by the effort of the will? And who of us has had not experienced that dreadful "falling through space" sensation, in dreams, with the sudden awakening just before we actually struck earth? And who has not had the mortifying dream experience of walking along the street, or in some public place, and being suddenly overcome by the consciousness that we were in our night-clothes, or perhaps without any clothing at all? All of these things are more or less distorted recollection of astral journeyings. But while these dream excursions in the astral are

harmless, the 'conscious "going out in the astral is not so!

There are many planes of the astral into which it is dangerous and unpleasant for the uninstructed person to travel; unless accompanied by a capable occultist as guide. Therefore, I caution all students against trying to force development in that direction. Nature surrounds you with safeguards, and interposes obstacles for your own protection and good. Do not try to break through these obstacles without knowledge of what you are doing. "Fools rush in where angels fear to tread," remember; and "a little learning is a dangerous thing."

When you have reached the stage of development in which it will be safe for you to undertake conscious astral explorations, then will your guide be at hand, and the instruction furnished you by those capable of giving it to you. Do not try to break into the astral without due preparation, and full knowledge, lest you find yourself in the state of the fish who leaped out of the water on to the banks of the stream. Your dream trips are safe; they will increase in variety and clearness, and you will remember more about them all this before you may begin to try to consciously "go out into the astral" as do the occultists. Be content to crawl before you may walk. Learn to add, multiply, subtract and divide, before you undertake the higher mathematics, algebra geometry, etc., of occultism.

The End

This concludes Lesson Five.

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

~Secret Knowledge~

(Page One)

THE SOLAR AKASHA

"ORDER OF THE AGES"

The information contained in the "Solar Akasha" is verifiable by anyone willing to master the language of light. (The Akasha is a cinematic like record written in time. The "Akashic records" is usually a reference to the Planetary Akasha, and not the Solar Akasha.) I am convinced that Stellar bodies may communicate in the language of light! This form of communication might seem a bit primitive compared to our modern day systems, but its impact upon our understanding of creation and our place in it, is astounding! Our Star has a particular “code” it sends out in the form of light with which it quite possibly “communicates” with other Stars. Once this code is understood, all the information about the Star and its Solar system can also be easily understood. For example, that our Star has nine planets in its immediate solar system, and that sentient forms of life are found on the third Planet, is one such piece of information!
Think what we could learn from the light sent from other Stars throughout

our Galaxy if we could similarly decode their messages!

Early in my studies of the Solar Akasha I was dismayed to find a huge discrepancy between what I was finding, and what was currently believed about the "Order of the Ages" as they occur in the Earths' 26,000 year cycle. At first I believed that somehow I was misinterpreting what I was learning from the Solar Akasha. After checking and rechecking my results, it gradually began to dawn on me that a gross misunderstanding of the order of the Ages may have slipped into the system! If this were true, it was most likely done by the Greeks under Ptolemy (AD c.100). Of the 88 currently recognized constellations, 48 have come from the listing of this ancient astronomer. The remainder were added by subsequent astronomers to fill in the areas omitted by the Greeks. I began to realize that the order of the Ages might have to be corrected to reflect the linear (stair-step) order we find in the spectrum of white light. I set to work to revise the "order of the Ages", more as an exercise to see where it led, rather than as a major correction. It was frightening, (and a bit embarrassing), to believe that I alone had stumbled upon such a glaring mistake. I almost wished that I was wrong so as not to be burdened with such a monster!

As my studies expanded I became more and more excited! What had been a confusing jumble was all suddenly falling into place. Each piece of the puzzle fit exactly into its proper notch. Although it may not be clear to you why these changes were necessary or important, they are of vital importance to understanding the synchronisity of our nature in relation to (at least) our solar system, and perhaps to the Universe itself!

Below is a chart showing the revised, "Order of the Ages", compared to the existing order. (This chart is the key to understanding the necessary changes that were made. Please note this page for future reference.) What the chart shows is the order of the 12 "Ages" as is currently believed. Next to each Age is the actual Age I believe it to be. For example, at the top of the chart we see "Taurus" under the "Current" list. Across from Taurus we see "Aries" under the "Revised" list. Look down the Current list until you

see "Aquarius". This is the name of the Age we are supposed to be just entering. Across from Aquarius we see "Capricorn". This means that if the information contained here is correct, then we have just entered the Age of Capricorn rather than the Age of Aquarius!

CURRENT ORDER	REVISED ORDER	
TAURUS	ARIES	
ARIES	TAURUS	
PISCES	VIRGO	~WE ARE HERE NOW
AQUARIUS	CAPRICORN	
CAPRICORN	LEO	
SAGITTARIUS	GEMINI	
SCORIPO	LIBRA	
LIBRA	AQUARIUS	
VIRGO	SAGITTARIUS	
LEO	CANCER	
CANCER	SCORPIO	
GEMINI	PISCES	

When I substituted the revised version of the Zodiacal names of the Ages, using the Age of Virgo to replace the Age of Pisces, I found that the Age occurring just before the Age of Virgo, (in the revised order), was the Age of Taurus (circa 2000 BC). I researched as much of the history as I could find of these remote ages, looking for any hint to back up my theory. The clues were admittedly sparse, but I have listed some of what seem like possible connections.

According to my findings, substituting the revised order in place of the old order, The age of Taurus, (formerly Aries), marked, what I perceived to be, the beginning of the "Dark Ages". The Age before that was the Age of

Aries, (circa 4000 BC), (formerly the age of Taurus). Aries was, in Egypt, apparently an Age of Sun worship. In our present day understanding of the Signs of the Zodiac, Aries is a dynamic and fiery "Sun" sign, whereas Taurus is known as a more plodding and stayed "Earth" sign. It follows that Aries would more likely represent an Age of Sun worship, whereas Taurus represents the most "earth bound" of the Earth signs, and consequently, a much denser Age than that of Aries. In Egypt the Sun was represented by a circle with a dot in the middle. This stood for Ra, the Sun-God, which was worshiped as the principal God of that time. I believe this to be a valid clue, strongly indicating that Aries would be the more likely candidate over Taurus.

Conversely, by substituting the 'Age of Taurus' for the 'Age of Aries', we find a similar correspondence. The original Age of Aries, in Egypt, was represented by moses, (who was most likely the Avatar of that Age), and the worship, (by the people), of golden calf's, which would, (to my mind at least), more befit Taurus, whose animal representation is, in fact, the Bull!

It is interesting, if not chillingly uncanny, to note how we, as Human Beings, seem to be psychically influenced by the physical characteristics of the Ages, without consciously knowing what those characteristics should be.

I eventually had to take time to review what I had found, and was staggered by the shear amount of correlated information that was being revealed to me! As a long time metaphysician, I was able to put together what I was seeing with what I had learned over the years of previous study. What I saw confirmed what many had surmised but could not prove. I was beginning to see identical duplicate patterns in the Solar system, and in the "Ages" of Earth, as well as in the human psyche! It seemed that everything was somehow intimately interrelated and consequently in resolute conjunction with the same laws of creation that formed our solar system. I eagerly set out to correlate as much of the information as I possibly could.

(Continued)

Continuation

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TIME TRAVELERS

A COURSE IN TIME TRAVEL

~Secret Knowledge~

(Page Two)

THE SOLAR AKASHA

"WHITE LIGHT PHENOMENON"

For the next piece of our puzzle, I will attempt to establish that the White Light state found to exist within the psyche of a Human Being (highest level of Nirvana) also exists within the span of the Ages. I will show that not only does it exist, but that it exists at the exact same equivalent place within the linear structure of the Ages as it does within the body of a Human Being.....and for exactly the same reasons!

That a state of enlightenment exists has been verified by many Mystics, from many lands. It is the claim that a White Light state exists at the Third Eye, a place located at the Between the Brows Center". It is further claimed that this center, when entered by the Soul, is a place of "ineffable" ecstasy and enlightenment. Among its many names, the one we are probably most familiar with is Nirvana (or Seventh Heaven). It is achieved by the Mystic, through a meditative system of moving up through

each center within the body, until the Third Eye is reached. Other systems start by concentrating upon the Third Eye and proceeding towards it.

Each center contains a major mystical lesson of life, that must be mastered and transcended. Near the end of the journey, the student must pass through a terrible place of darkness and dread, where every vestige of self must be shed! If the practitioner can overcome the mortal terror of this place, while drifting with complete faith, until what seems like forever, he (she) is then rewarded with an overwhelming state of ecstasy, enveloped by an ocean of liquid white light! (The author has verified this).

Let us do a little detective work. Our aim here is to show that the new system, of the order of the Ages, works in at least two verifiable places. We have seen one, in locating the exact placement of the Age of Virgo. Now we are going to try to find the other.

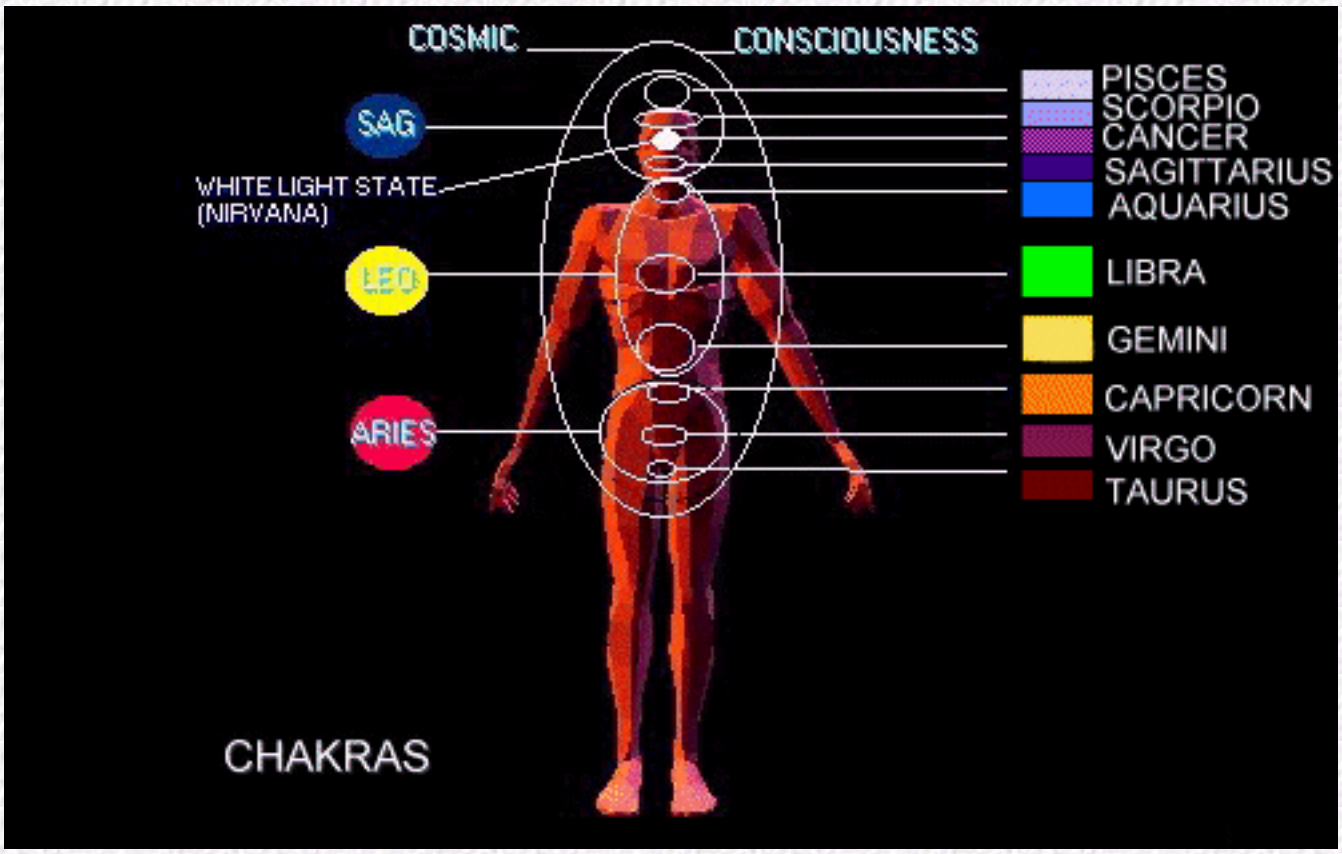
THREE CLUES TO SOLVING THE PUZZLE

The key to the puzzle is the fact that the white light state is at the Third Eye, located at the Between the Brow Center.

The next clue is that the Soul is traveling through the centers of the body in an upward direction.

The last clue is that it travels through "a terrible place of darkness and dread, where every vestige of self must be shed!" What single sign of the zodiac is almost black? Right, Sagittarius, which is indigo, and located at the "Mouth Center". In our system, Sagittarius is the sign directly before the sign of Cancer. Cancer, is the between the Brow Center!

(See Diagram...Chakras)



This, of course, would be the exact place in the order of the Ages that the Age of White Light is located, sandwiched between the end of Sagittarius and the beginning of Cancer! If this is true, (that a direct correlation exists between the centers of the body "Microcosm" and the events that happen over the 26,000 year period comprising the Ages, "Macrocosm"), then there might still be some evidence left in our world cultures to show that a one thousand year age of white light did exist. It was an age where almost anything was possible! To find this evidence was the next step in solving our puzzle.

The White Light phenomenon occurs within the Human body and within the World Ages, for exactly the same reasons! I refer to this phenomenon as Inadvertent White Light. It occurs because it will always occur when a complete letting go (for a sufficient duration) happens within Human consciousness. It allows the experiencer to experience a non-sequential time event (the Seventh Dimension) as a sequential time event

(the Third Dimension). It is apparent to me that the World Lessons are structured to give a taste of each state of consciousness (like a giant 26,000 year long sampler), without actually giving you the real thing. Along with the White Light experience there is the feeling and belief that you have accomplished something exceedingly wonderful on a permanent basis. When the gradual attrition into lesser states of consciousness are finally realized, the experiencer cannot understand why this is happening. The reason the White Light state cannot be maintained is due to the flywheel effect of the forward motion generated by three dimensional time. In other words, "you can't get there from here", at least not in that way!

To find the next piece of the puzzle, using Time Travel techniques, I was prompted to travel to a time more than twelve thousand years into the past! This was accomplished using what I call "TT" (Time Travel) techniques. This is a method consisting of a combination of "Etheric Projection", "Remote Viewing", and "Dream Control". Over a period of several years of intense investigation, I was able to gather together a perplexing and yet convincing array of evidence that made clear to me that a one thousand year Age of Enlightenment had existed from about 11,440 BC. to 10,400 BC., that far exceeded, in excellence and quality, all of my expectations. I gradually began to realize that this thousand year period was nothing less than the "Age of White Light" known as the "Millennium"! A time the Egyptians called "Zep Tepi" The "Beginning Time!"
The major reason this was so perplexing to me, was do to the belief that there had been no technologically advanced civilizations in prehistoric times! What I found indicated not only that they were technologically and spiritually advanced, but that they were incredibly far more advanced then we are today!

It soon became evident that a great tragedy had taken place that destroyed this advanced civilization. (by rising ocean waters due to melting ice at the end of the ice age) As the continent began to sink, large scale volcanic action ripped the cities apart, as magma was forced up through the surface! (according to Edgar Cayce, the final sinking happened somewhere

around 10,500 BC.) A remnant of this advanced civilization escaped to what is now known as Egypt. (There is evidence that other groups scattered to other parts of the world.) They gathered at what we now call the Giza plateau in northern Egypt. They were drawn to this place because of its geographical location. They brought with them, what I believe to be, several antigravity devices. With these devises they were able to construct the Giza Complex containing the great pyramids, by rendering the huge blocks of stone temporarily weightless. Many of the blocks that were carved out of the Sphinx weighed in excess of 70 tons! They were relocated and raised to impressive heights to form the temple complex. This would be like trying to put a locomotive on top of a two story building!

Upon closer examination of one of these antigravity units, I found (what I believe to be) a unipolar construction made from iron, rather than crystal. That is it was constructed in such a way that it contained one isolated magnetic pole at its center, and the opposite magnetic pole uniformly surrounding the outside.

Although these devices interact with the Earths inner core, because of the Earths unipolar construction, (not understood in this time period) they were used in conjunction with a single much larger device of the same construction, but of the opposite polarity. I believe that one unipolar type of device (the larger type) was attracted by the earth, and the other type was repelled by it. Using unipolar devices of opposite polarity together, evidently greatly enhanced this effect to such a degree that great stones weighing many tons were rendered temporally weightless!

I believe that remnants of several of these larger devices still exist. One, the largest ever constructed, I believe is located in the area of the Atlantic known as the Devils Triangle. (There may be another located in the "Great Lakes" region of the U.S.) The other, a much smaller version, I believe to be located beneath the largest of the Great Pyramids at Giza. These devices (if located directly over them) would undoubtedly confuse a north seeking electronic compass that is in use on most aircraft today,

causing it to spin in circles. The enormous device in the Devils Triangle might also cause strange gravitational anomalies. (There may be several other places around the world as well.) Many believe, (and there is mounting evidence) that it was during this time, (when it was realized all of the wonderful knowledge of Atlantis would probably be lost), that the original Great Pyramid Complex at Giza was built as a monument or talisman to mark the end of that great Millennia, and to remind man of the knowledge contained in that enlightened age. Notice (in the photograph below) the offset of the smallest star (Mintaka) in the Belt of Orion. By going back in time, astronomers (See Robert Bauval, "The Orion Mystery") pin pointed 10,450 BC., as the only period when the BELT OF ORION was positioned in the night sky over the Great Pyramids in perfect alignment, giving strong evidence to support the theory that construction of the Giza complex started at that time!

(See photograph of Belt of Orion)

(See Diagram...Aerial photograph of Giza Complex)

Robert Bauval, is the Author of several excellent books on the Sphinx, ("The Orion Mystery", and his latest book, with co-author Graham Hancock, "Keeper of Genesis"), presents compelling evidence that the Sphinx may have been built many thousands of years earlier than thought by modern Egyptologists...10,500 BC.). Mr. Bauval is not completely convinced that the Great Pyramids at Giza were built at the same time as the Sphinx, because there is not the same obvious vertical erosion caused by torrential rains those many thousands of years ago. However, I am convinced by my findings that at least the largest of the three Pyramids and the Sphinx, were constructed at this time, and the blueprint for the complete Giza Complex, including the exact placement and dimensions of the Pyramids, was established. If the two smaller pyramids were not finished at that time it may have been because of time constraints due to the lack of a second and third of the larger antigravity devices, similar to the one I

believe to be under the largest pyramid. Evidently it was necessary to place the device well below the base to be able to properly interact with the smaller devices. Once the pyramid was finished, it would have been next to impossible to recover it! I also believe that there may have been extensive damage to the pyramids, caused by the same torrential rains that damaged the Sphinx, to the degree that they had long been in ruin when they were finally rebuilt starting 2500 BC., during the fourth dynasty.

The world famous, and very respected earth quake predictor, and Futurist, Gordon Michael Scallion, whose predictions are 87% accurate, has a series in his news letter, entitled The Great Hall of Records, from his Ancient Civilizations part II. The following is a partial quote. "As early as 1979, I began receiving images of ancient civilizations and time capsules being placed in archives for a future time. I had no idea what I was seeing. A few years, and hundreds of visions later, I discovered I was traveling back in history to a time when civilization was highly advanced, in many ways beyond where we are today. It was a time when spiritual masters were upon the planet. Many heard the calling and together, those of like minds traveled to northern Egypt--Giza, and there worked together to build a community that would exemplify belief systems on all levels--body, mind, and spirit. The time frame of these people was some 12,500 years ago. (10,500 BC.) A highly spiritualized time period when science, mathematics, and God were not seen as separate but one in the same. The people knew that the Earth would soon go through major cataclysmic Earth changes."..... Notice that he mentions 12,500 years ago. Although he does not mention the pyramids as being built at that time, he does establish these people gathering at Giza, where the complex containing the Great Pyramids and the Sphinx is now located. He also presents strong indications that this was an extraordinary and enlightened Age! He does, in this same article, later confirm that the Great Pyramid began construction at this time.

I quote again from Mr. Scallion . "As construction was under way at the plateau, not only on the Great Hall, but multiple projects were under construction, such as, The Great Pyramid, the channels below the Sphinx,

and various depositories that were to house its history....." (End of quote.)

(Continued)

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A COURSE IN TIME TRAVEL

~Secret Knowledge~

(Page Three)

THE SOLAR AKASHA

"ZEP TEPI?"

In the second century B.C. the Greek astronomer Hipparchus (190?-?120 B.C.) compared the positions of the principal stars in the zodiac with those which astronomers had noted about a 100 years earlier. He found that the vernal equinox had shifted westward about 1 degree along the ecliptic. What he discovered is now called the precession of the equinoxes.

The 26,000 year cycle of the Sun through the heavens corresponded synchronistically with, (In sync with, but not necessarily caused by), Earths Precession of the Equinoxes. The Earth is not a perfect sphere; it bulges slightly around the equator. The gravitational attraction of both the Sun and the Moon tries to pull the Earth's equatorial bulge into the Earth's and the Moon's orbital planes. Acting like a spinning top, the rotating Earth resists this pull. The result, therefore, of the Sun's and Moon's attraction and the Earth's resistance is that the Earth's axis of rotation moves slowly westward

around the pole of the ecliptic. Because of this, the points of intersection between the celestial equator and the ecliptic shift westward along the ecliptic at a rate of between 50 seconds of arc per year. There are 3600 seconds in a degree. (If it were 60 seconds instead of 50 we would get 1 degree in 60 years.

- *(NASA currently lists 50.3 seconds of arc per year, or one degree in 71.666 years, and a cycle of 25,800 years duration. 71.666 * 360=25799.76). The figure I use is slightly less than 50 seconds. (49.89605) or about 1 degree in 72.15 years. (I have taken the liberty of modifying NASA's calculations because I believe this to be a more accurate figure since it agrees precisely with Edgar Cayce's figures.) If we multiply 49.89605 by 72.15 we get 3600, which equals one degree. This would (according to my revised figures) cause the equinoxes to precess completely around the ecliptic in 25,974 years (72.15 x 360), a difference of only 174 years, from NASA's original 25,800 years, or less than 1%, a stringent tolerance even for NASA standards!*

Using Time Travel RV techniques, I was lead to believe that there is another Age of about 1000 years duration that is sandwiched or hidden in between the end of Sagittarius and the beginning of Cancer. (See revised order of the Ages.) My excitement grew as I further studied this 1000 year period, for I was becoming convinced that this was no less then the fabled Golden Age called "Zep Tepi" by the ancient Egyptians, or the "Beginning Time", and the same Age modern day Christians are expecting called the "Millennium"! I decided to pursue this line of thought and see where it went. *This addition of a 1000 (1038.96) year period changed the duration of an Age from 2150 years (25,800 divided by 12, NASA's original figures), to 2077.92 years. I got this figure by dividing my revised figure of 25,974 years by 12.5. (12.5 represents the 12 original ages + the additional 1/2 Age for the Millennium.)*

I was looking to dove tail with the end of Sagittarius (or the beginning of the Age of Cancer) as the beginning of the "Age of White Light", or "Zep

Tepi".

I determined that each age would then have to equal about 2078 years, and the one thousand year Millennium would last exactly 1038.96 years. *(12 * 2077.92 = 2,4935.04 +1038.96 = 25,974.)* If these figures are correct it means that the New Age would officially begin in the year 2078 AD.

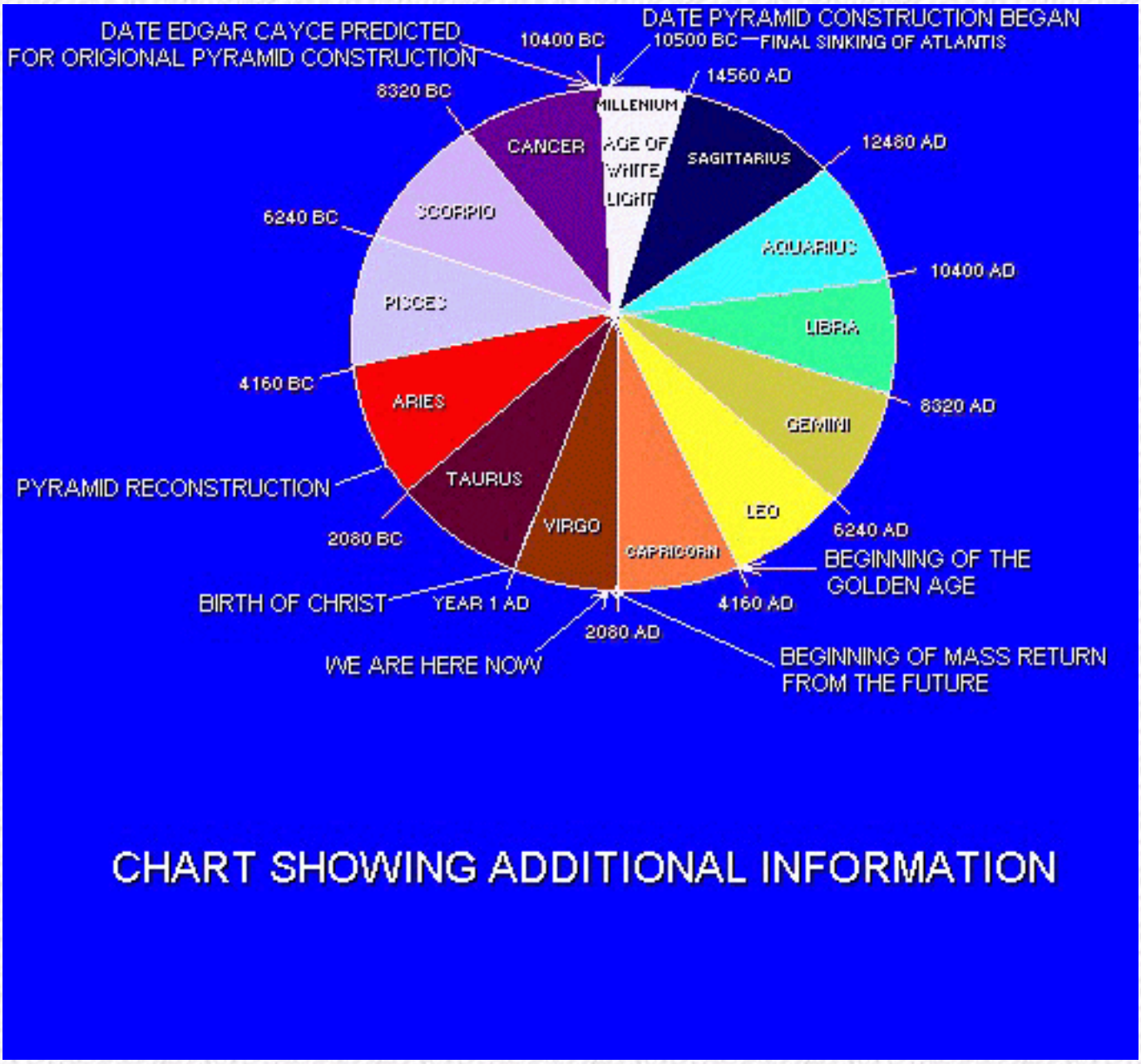
I have established that the end of the White Light Age (Zep Tepi) was the end of the "Age of Sagittarius" and the beginning of the "Age of Cancer". This is five complete Ages counting backward from the birth of Christ. (See Revised Order of the Ages). *(If we multiply 5 (number of Ages) by 2078 (duration of an Age), we get 10,390 BC. as the end date for the Age of White Light.)* I believe the Atlanteans meant the completion date of the Great Pyramid at Giza to coincide **precisely** with end of Zep Tepi, as a talisman to mark the end of that great Age!

The ancient Egyptians referred to a remote Golden Age they called "Zep Tepi", the "First Time" of Osiris, which they believed had long predated the Pyramid Age. Osiris was "Orion", and the Great Pyramid had a shaft directed to Orion at the meridian, at that time!

Edgar Cayce had said during trance....."The Great Pyramid of Gizeh was one hundred years in the building: from 10,490 to 10,390 B.C....." In all that we have considered in these lessons, this is a rather "hair raising bit of coincidence to say the least!

My arriving at this date, so far back in our history, is dependent on many interrelating factors (as you have seen) all working together, each entirely dependent on the next. One mistake in any of these, and I could have been off by thousands of years! I think you will agree with me that the odds of all of us (Robert Bauval, Gordon Michael Scallion, Edgar Cayce and myself), all arriving at this precise date, out of all possible history, and all of us talking about the same things, are beyond astronomical!!!

(See Diagram ...Chart showing starting dates for each Age. These dates have been rounded off.)



In conclusion, it is my belief that human consciousness can experience a state of white light when a sufficient "letting go" occurs. I believe that such a "letting go" occurred in 11440 BC, (the beginning of the Age of White Light), and will occur again in 14560 AD. I further believe that this "state of white light" continuously exists as a non-linear event just below the surface of our linear 3d reality, patiently waiting for our discovery of it. In fact, the secret techniques for doing so is the crux of the TT text.

This concludes the "Secret Knowledge" section. I hope you had as much fun reading it as I had sharing it with you!

--END--

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